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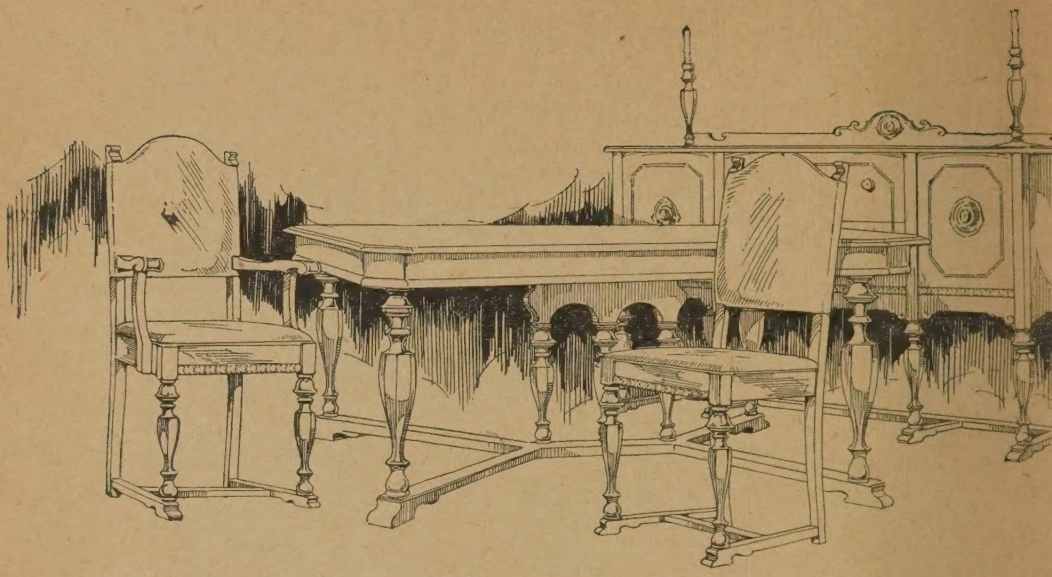

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TRIED RECIPES

FOR THE

BRIDE

Containing tried and proven recipes—together with valuable suggestions regarding selection of food and household management

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Edited and Compiled by
PAULINE M. ZOECKLER

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THIS little gift is made possible *only* through the hearty co-operation of the advertisers, and in presenting it to you we join with them in wishing you many, many years of happiness and contentment.

It has been no small or inexpensive task to make this "TRIED RECIPES FOR THE BRIDE" complete and practical and we trust that it will prove of real help and value to you.

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"TRIED RECIPES FOR THE BRIDE."

INTRODUCTORY.

BALANCED diet is essential to health, and meals should supply, each day, all the substances which nature requires for building tissues, bones, muscles, nerves and blood.

In editing and compiling "TRIED RECIPES FOR THE BRIDE" our first consideration has been to make it as complete and practical as possible. We know of no other similar book that is as concise, yet as complete as this volume.

Brief directions for performing the usual tasks in the kitchen and dining room of the average home will be found in the fore part of the book, and we suggest especial attention to pages 21 to 41.

Each of the recipes in this book have been carefully selected and proven by actual experiment, and by carefully following the directions, success is assured.

Care should always be exercised in selecting foods, particularly meats and fowl. On pages 82 to 88 we have given some general rules for the selection of meats and poultry, and with a little experience, you will become as good a judge of food stuffs as anyone.

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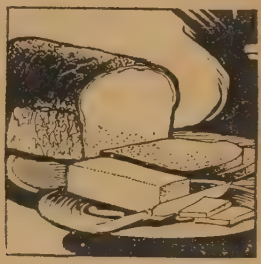

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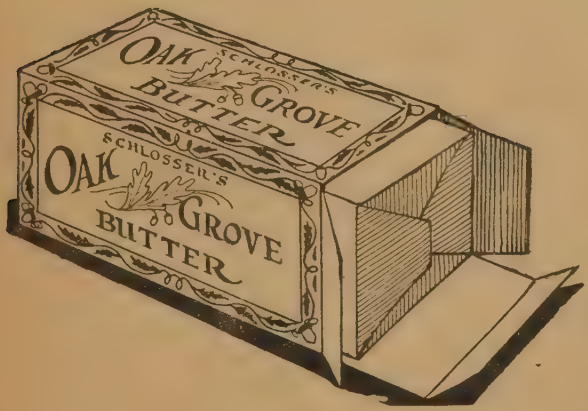

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HOUSEHOLD MANAGEMENT

PERSONAL CLEANLINESS

Dress.—The dress worn when at work in the kitchen should be of washable material, both sleeves and skirt should be short.

Apron.—The apron should be large enough to protect the skirt and should have a well-fitting bib.

Hand Towel.—A hand towel should be fastened to the belt with a safety pin. Use this towel only for hands, never for utensils.

Holder.—A holder of washable material should be kept near the stove to use for hot utensils.

Shoes.—Easy fitting shoes with flat, straight heels are not only best looking but do much to prevent fatigue while at work in the kitchen.

The Hair.—The hair should not be worn so that it flies about. A hair net or a cap to cover the hair will keep it in place.

Hands and Nails.—Hands should be washed with soap and water and nails cleaned before beginning work with food. Wash them again when you have handled anything not clean.

If you have allowed yourself to form any of the following careless habits, you should correct them at once:

Do not use your handkerchief or apron instead of a towel or holder.

Do not work with sticky or floury fingers.

Do not put your hands on your face or hair or use your handkerchief at your nose without immediately washing your hands.

Never use a hand towel instead of a dish towel.

Do not taste food with the mixing or stirring spoon. Pour from the mixing spoon into a teaspoon and wash it before you lay it down.

HINTS ON HOW TO WORK

1. Be sure that your fire will be right by the time you need it.
2. Have ready all dishes, spoons and other utensils needed, including a tray or plate to hold soiled utensils.
3. Take care to not make extra work by using more utensils than are necessary. Keep in mind the rules for measuring different kinds of materials—as **Dry, Liquid** and **Sticky** materials.

4. When milk and egg are used, save a little of the milk to rinse the egg bowl with.

5. If raisins are to be used, clean and seed them before time to mix with other ingredients.

6. Materials should all be measured before beginning to mix.

7. Cover and put away ingredients as soon as you have finished measuring.

8. Clean up as you work—put dishes and pans to soak as soon as they are emptied. Wash them if you have a moment to spare.

9. Work neatly, carefully, quietly and quickly.

10. Always save any unused material, it can be used in some way.

DUST AND ITS DANGERS

Germs.—Dust and dirt contains millions of tiny organisms which are called germs, microbes or micro-organisms. They are classed as yeasts, molds, and bacteria. They are so small that they can only be seen by the aid of a powerful microscope, yet they are always floating about in the air, in the water, in our food, on our clothing and on the bodies of both men and animals. Many of these germs live in our mouths and under our nails.

Uses.—Some of these organisms are useful, such as the yeast plant in making bread; others cause our food to spoil; and others cause disease, such as typhoid, diphtheria, and tuberculosis.

Growth.—Germs grow rapidly in dark, damp, unclean places, therefore, it is necessary to keep ourselves and our surroundings as clean as possible in order to destroy them or prevent their growth.

Disinfectants.—Anything which destroys these organisms is called a disinfectant. There are many ways of destroying germs, but fresh air, sunshine and cleanliness are called natural disinfectants and are the most valuable.

SWEEPING

Care of Floors.—A long handled soft brush is best for sweeping polished floors. A broom covered with a bag made of soft cloth, such as Canton flannel, is a good substitute for a brush. If the cloth is dampened slightly or oiled it will collect the dust better.

Carpets.—Small pieces of newspaper may be dampened and sprinkled over the carpet. A cloth wrung out of warm water to which one tablespoon of ammonia to one gallon of water has been

added will remove dust and brighten carpets. A carpet sweeper may be used in the center of the room after the sides are brushed.

A good vacuum cleaner is most desirable in removing dust and dirt.

Method.

1. Sweep from the edges of the room toward the center.
2. Sweep with short strokes, keeping the broom close to the floor; this keeps the dust from flying.
3. When the dust has been gathered in one spot, take it up with a short broom and dust pan. Burn at once.
4. Always sweep a floor before washing or scrubbing it.

Note.—Before beginning to sweep, see that no food is left uncovered in the room.

Care of Brooms and Brushes.

1. In using a broom alternate first one side and then the other so that it wears evenly.
2. Brooms should be washed in hot soapy water once a week to keep them in good condition and make them last longer.
3. When not in use the broom should be hung up.
4. Do not wet the tacks or wires in a broom as they will rust and break.
5. In washing brushes use cold water, as hot water softens the glue with which the bristles are fastened.

DUSTING

The object of dusting is the removal of dust from the house.

After sweeping allow some time for the dust to settle.

Dust the woodwork, furniture and movable articles with a soft cotton cloth. Cheese cloth makes good dusters.

Method.

Spread the cloth and gather the dust into it folding as you work. When there are no articles to be injured by moisture the cloth may be slightly dampened as it will hold the dust.

Care of Dust Cloths.

Dust cloths should be washed each time after using. Wash in hot, soapy water, scald, rinse, and dry in the sun if possible.

THE REFRIGERATOR AND ITS CARE

The care of the refrigerator is of great importance. It must be regularly and thoroughly washed with hot water in which a piece of washing soda has been dissolved.

Daily Care.

1. Have perfect order at all times.
2. Keep the inside of the food chamber dry.
3. See that no food remains in refrigerator long enough to spoil.
4. Empty the pan holding melted ice at least once a day.
5. No hot food should be put in the refrigerator.
6. No food with a strong odor should be put in the refrigerator unless tightly covered.

Weekly Cleaning.

1. **Clean refrigerator thoroughly at least once a week.**
2. Wash shelves and racks with hot soap suds or with sal-soda solution and rinse with clear hot water. Dry them in the open air or by the fire; sunlight is best.
3. Wash the food chamber in the same way.
4. Clean grooves and corners with a skewer, and run a wire with a cloth twisted around it down the waste-pipe. Rinse the pipe with hot sal-soda solution. Wipe the refrigerator dry; if possible, let it remain open for an hour; better still, sun it for as long as you can.

Note.—The best refrigerators are made with movable shelves and separate compartments for the different foods, thus minimizing the possibility of one food flavoring another.

Caution.—Never put any food wrapped in paper or good china dishes containing food in the refrigerator.

SINK AND WASTE PIPE AND THEIR CARE

1. Neglect of the sink causes bad odors, attracts water bugs and roaches, and not infrequently produces disease. **Keep it at all times free from scraps.**
2. After the dishes have been washed, or after the sink is unused for several hours, wash it, using scrubbing brush and sapolio. Wipe the wood-work and tiling. Wash strainer, soap-dish and other sink utensils. Wash the cloth. Scrub the draining board, and rinse the sink.
3. Waste pipe and trap must be kept as free as possible from deposits of grease. After pouring down very greasy water pour down boiling water, that the grease may not cool and settle on the sides of the waste pipe. Do not forget that sink, waste and drain

pipes are intended for the passage of water only; not for bits of paper, burnt matches, dough, sand, etc. A very little carelessness in this respect may lead to a large plumber's bill.

PLUMBING

The sink, waste pipes, and water pipes will last indefinitely and give good service if properly cared for. The water pipes need no special care. The faucets should be used properly to give satisfaction. Be sure that no parts of the faucet are loose. If the handle becomes loose, the screw which is sometimes at the top of the spindle may be tightened; if the faucet leaks, it probably needs a new washer. By closing the main valve in the water pipe for the house, or the secondary valve which is sometimes found in the pipe under the sink, the water may be shut off and the faucet taken apart and fixed. In general no one should attempt to repair the faucet unless he is familiar with its mechanism. A plumber should usually be summoned. Spring faucets should be repaired only by those skilled in such work.

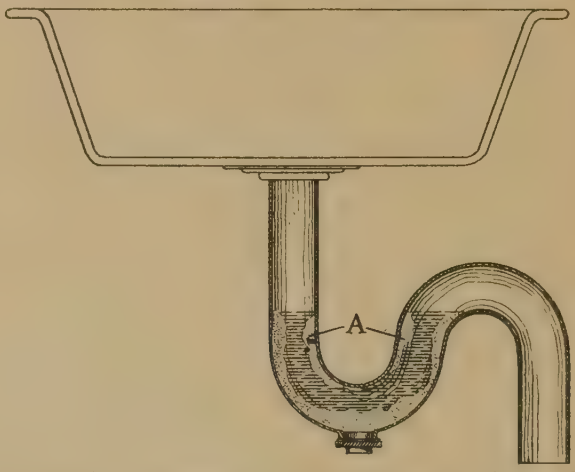
The drain pipe from the sink needs special care. This pipe is connected with the sewer through the soil pipe of the house. In the line to the sewer are at least two traps, one immediately under the sink and at least one other before the pipe enters the sewer. This latter trap is not easily accessible, but is large and seldom gives trouble. The purpose of these traps is to prevent sewer gas from coming back into the house. They are so built that water stands in a bend in the pipe in such a way as to prevent the passage of gas through the pipe. If the plumbing is properly installed, these traps cannot be emptied by anything done at the sink.

Grease and similar particles of dirt will, if allowed to flow down the sink drain, gradually stop up the trap. If a small amount of water containing grease flows into the trap, the water becomes chilled and the grease solidifies in the trap. Dirt sticks in this grease until finally the passage is closed. Great care should be used to prevent the entrance of grease in any form into the drain.

If the trap becomes clogged, it may be cleaned by removing the cleaning-out plug, found at the bottom of the ordinary S or U trap under the sink, removing obstruction by means of the wire. The plug should then be carefully replaced. This can be done without calling in the plumber, though it is a disagreeable and dirty task. If properly cared for, the trap should not become clogged oftener

than once in three years. The diagram below shows a section of the sink and drain pipes. "A" indicates a deposit of grease and dirt.

Observance of the following rules will assist in keeping the trap clean:



1. Avoid pouring grease or greasy water into the sink. If grease has been poured in, a quantity of **hot** water should be poured down the drain immediately.

2. Chemicals should not be poured down the drain in an endeavor to clean it; most of these are useless and some positively harmful.

3. A rather fine strainer placed over the drain will be useful in catching small particles which might otherwise clog the pipe.

4. If anything goes wrong with the faucets, the trouble should be fixed by someone who understands how to do the work. Never use a wrench on the faucets to tighten them, if they leak.

DISH WASHING

Preparation.—Prepare the dishes by scraping and neatly piling articles of a kind together.

Wipe greasy dishes with soft paper.

Soak in cold water dishes which have been used for milk, eggs and starchy foods.

Soak in hot water dishes which have been used for sugary substances.

Make ready two pans, the dishpan half full of hot soapy water, the rinsing pan half full of clear hot water.

Place the soiled dishes near the washpan and put in only one or two articles at a time.

Order of Work.—1. Glassware. 2. Silver. 3. Cups and saucers. 4. Plates and larger dishes. 5. Cooking utensils.

General Directions.

Rinse all dishes, except glass and silver, in clean, hot water. Drain. Wipe dry with clean tea towels.

Glass and silver are brighter if wiped directly from clean hot suds.

Put glasses into hot water sidewise to prevent uneven expansion of glass which causes them to crack.

The handles of knives if wood, bone, ivory, or pearl, should not be put into the water as they are liable to split. Wipe with a wet cloth and then dry them.

Do not wet the cogs of an egg beater.

Wash and dry dishpans.

Care of Tea Towels and Cloths.—Tea towels and cloths should be washed and rinsed each time after using, scalded often and dried out of doors if possible.

HOW TO SCRUB BOARDS AND TABLES

1. Carefully remove all bits and wipe the table or board. Wet the brush and rub the sapolio on it. Scrub with the grain of the wood.

2. Wash off the suds, rinse and wring the cloth and wipe the board as dry as possible.

3. Grease spots on unfinished wood are removed by covering them with borax or ammonia, allowing it to stand a few hours, then rinsing with clear water.

CARE OF BREAD BOX OR CROCKS

1. Scald the bread box or crock and dry it thoroughly before putting the freshly baked bread into it. Every day remove all the bread crumbs from it.

2. Always allow the bread to get perfectly cold after baking before putting it away, as it is liable to become mouldy and sour.

CARE OF THE GARBAGE PAIL

1. Scrub inside and outside of pail once every day.
2. Put it in the sun if possible.
3. Best plan is to have no pail, but burn the garbage every day.
4. Have a bright fire and keep all the drafts open.
5. In this way your back yard will always look much neater.

To the Bride and Groom

ELECTRIFY your home to add comfort and charm by the use of efficient and artistic illumination and the many electrical devices that save both time and labor.

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CHANDELIERS	HEATING PADS	RADIATORS	TOASTERS
CHAFING DISHES	HAIR DRIERS	RANGES	TOYS
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HEAT AND FUEL

Artificial heat for household purposes is obtained by rapid combustion or chemical union of oxygen in the air with carbon and hydrogen found in fuel. Fuels most widely used in this country are coal, gas and kerosene, although wood is used where it is abundant. Electricity is generated from coal except in communities where the current is derived from falling water. It is still rather an expensive method of cooking.

Coal.—Coal is of two kinds, anthracite (hard) and bituminous (soft). Hard coal is a cleaner fuel but is more expensive than soft because the supply is smaller. Good hard coal may be recognized by its glassy, black surface.

Coke.—Coke is the solid substance remaining after gas has been made from certain kinds of coal. It is light, burns brightly, but the fire has frequently to be replenished.

Natural gas is used in those communities where it occurs.

Coal Oil.—Coal oil sometimes oozes from crevices in rocks but is more often procured by boring into solid rock. Crude oil yields many valuable products. Kerosene is the substance useful as a fuel and for giving light. It is useful in communities where gas is not available. Gasoline is also useful, but much more dangerous to use as it explodes quickly. Wood alcohol is used with the chafing dish.

Cooking Apparatus.—In the past the open fire place for cooking was used with either wood or coal as fuel. This permitted most of the heat to pass up the chimney or radiate into the room. Brick ovens to confine the heat were the earliest inventions for saving fuel. The oven was lined with brick and a fire built inside allowed to burn out. The coal and ashes were removed and the food to be cooked placed within as soon as it had cooled sufficiently. These ovens remained hot sometimes for a day.

Our modern stoves are perfected with the idea of saving fuel. The modern gas stove has asbestos lining and air spaces to retain the heat and permit circulation. Two ovens are usually heated by the same set of burners. The heat of the oven burner is also used for toasting and broiling underneath on a movable rack. The oven

burners are lighted by a pilot or leader burner. The top burners are lighted with match direct. The top of stove and burners are removable and consequently easily cleaned.

The gas burner has an opening in the pipe near the stop cock which admits air that it may mix with the gas and burn with a blue flame. If there is not enough air the flame burns yellow and smokes. If there is too much air, there is a roaring sound and the flame burns in the air mixer, making a yellow flame and disagreeable odor. Keep these air passages free of dirt and grease by daily cleaning.

ELECTRIC RANGE

Electricity is generated either from coal or water power. Electricity is the ideal fuel for cooking. It is the cleanest, most sanitary, safest and most convenient form of cooking known today. With the electric range, there is no flame—eliminating danger of fire from matches. The electric range produces no soot, smoke, ashes, or fumes—does not blacken kettles or pans.

Electric ranges are of two types. One type cooks and bakes by radiated heat—the other by direct contact of the cooking vessel with the heat burner. An example will explain these two principles (radiation and conduction); it is this: If you wanted to warm a child's cold hand you would not hold your hands one-eighth of an inch away from the child's hands, and expect to warm them by radiation of the heat. You would put your hands directly in contact with the child's so the heat would be conducted into them. This latter principle is used at a great saving of electricity over the other type of electric ranges. This principle of conduction or direct heat contact is used in the most modern ranges and with this method of cooking or baking the cost of operation is approximately the same as that of the flame stove.

MANAGING A GAS STOVE

Lighting.—Be sure there is no escaping gas. To light the top burners, strike the match, turn on the stop cock and touch the match to the side of the burner. For lighting the oven use the pilot light. Open both the oven doors to allow any leaking gas to escape. Light match, apply to pilot light, turn on back and then front burner. Turn out the pilot light.

The oven burners should be lighted from 5 to 10 minutes before the oven is wanted and later lowered, depending upon the food to be cooked.

When toasting or broiling is desired light the burners before using so that the iron burners may become hot, too, as this helps to brown quickly.

All burners should be removed if holes seem clogged and be boiled out in a solution of washing soda (2 T to a gallon of water).

CARE OF COAL RANGE

To have a fire you must have besides fuel, air to make it burn. In gas and oil stoves the air supply is regulated by the makers. In coal or wood ranges or cook stoves you must regulate it by means of dampers.

The important dampers are:

1. Damper in ash pit which lets in the air which passes through fuel box making fire burn.
2. Damper over fire controlling air to flow in above the fire.
3. Oven damper which switches the current of hot air around the oven instead of letting it go by the shorter path up the stovepipe.
4. Check draft damper in stovepipe just above the range. This is not always found and is less important than the rest.
5. Stovepipe damper which checks heat from escaping up the chimney.

Make Your Fire the Right Way.—To make a fire in a range, whether coal or wood, close all dampers of the stove and shake the fire-box to free it from matches, dust, and clinkers. Take off the lids over the fire-box, place crumpled paper in the fire-box, arrange kindlings over and around it so that air can pass freely between them, and put on a small shovelful of coal. Light the paper, open dampers—ash pit damper, oven damper, stovepipe damper—and put on lids. When the coal glows red, a little more coal should be added, and when the fire is burning well, the fire-box may be filled. If wood is used as fuel, put on a few sticks at a time.

Learn to Manage the Fire.—By the proper use of the dampers the fire can be controlled and the heat regulated.

1. **The damper in the ash pit.** This should always be kept open when the fire is burning as it is the best source of air for the fire. Close it only when you dump the grate and when the fire is

banked to keep it for some time. However, if there is no stovepipe damper, the damper in the ash pit must be closed to check the draft when the fire burns too hard.

2. **The damper over the fire.** Close this when you are starting a fire. If the fire burns too rapidly so that the flames are long enough to reach the back row of lids, open this damper a little bit. This will shorten the length of the flame and give you more heat. If you open this too much it may cool the oven.

3. **The oven damper.** When this damper is closed the flames and smoke and hot air are forced to pass around the oven to heat it and then afterwards they escape up the chimney. When the damper is open they pass directly up the chimney. As soon as the fire is burning well, close this damper so that the oven will be heated. This will keep the oven so that you can make it very hot quickly by adding extra fuel and will warm your room if the oven door is left open. With this damper closed you will use much less fuel than by allowing the heated air to take the shorter path up the chimney.

4. **The check draft damper in the stovepipe.** It should be kept closed except when the fire is banked.

5. **The stovepipe damper.** This is a most important damper. It can control the amount of fuel burned, as the more slowly the hot air passes up the pipe, the more slowly the fire burns. A great deal of the fuel sometimes merely furnishes heat that escapes up the chimney. Check this escape of heat and burn less fuel by using the pipe damper. If your fire is burning too hard, instead of closing the damper in the ash pit, close the one in the pipe, for it checks the fire much more effectively than the other damper.

If your oven does not heat even with the oven damper closed, it is probably because the air carried around the oven has been pulled through the fire so fast that it has not been thoroughly heated itself and can not heat the oven. Close the pipe damper.

Keep Your Range Cleaned Out.—If the fire-box is clogged with ashes, air can not pass through the fuel to make it burn. If soot hangs on the stove lids, less heat can come through it. A layer of ashes over the top and under the oven keeps it from heating quickly.

Banking the Fire.—It is an economy to keep a hard-coal fire over from day to day, especially if the range is used as a source of heat for the room. As a rlue a wood fire is hard to keep over but the hard-coal fire can be easily kept. In the evening rake out the

ashes, put coal on, and open the dampers until the fresh fuel is burning well. Put on coal until the fire-box is almost full and close all the dampers except the check draft damper in the stovepipe.

Think of the Fire When You Select the Food to Cook.—If you keep a slow fire in your range all day to supply heat for the room, select foods that require long slow cooking. Baked beans or peas, roasts and puddings can be baked in the oven and cereals cooked in a double boiler on the back of the stove. Avoid foods that require a very hot fire for a long time.

Gas, Kerosene or Coal Oil, and Gasoline are economical for cooking if carefully used. Never mix two liquid fuels and never use gasoline in an oil stove, for each requires a special burner. Use all with care.

Kerosene Stove.—A good type is the blue flame with wicks. The heat is intense from the blue flame and the cylinder around the burner prevents the escape of heat, carrying it upward. The wick should be rubbed off, or pinched off, not cut. Keep the stove continually cleaned with soap and water which will result in an odorless stove.

Fireless Cooker.—Fireless cookers are constructed in such a way that little heat can pass in or out of them. The simplest form of fireless cooker is the hay box, simply a box stuffed with hay which with the air spaces between makes a non-conductor of heat. The hay is kept from scattering by covering with a tight cloth. Whatever is to be cooked is placed in water in a pan or pail, boiled a few moments, tightly covered and placed in the center of the hay. The box is tightly covered and the food allowed to remain within several hours.

Other types of cookers are lined with non-absorbing material such as enameled metal which can be easily cleaned. These must have air spaces between to help retain heat. Different sized soapstones are furnished with these cookers which can be heated as hot as desired and placed inside to increase the heat. Of course, no cooker is so constructed that it retains all the heat and gradually the material inside becomes cold.

USE THIS SPACE FOR ADDITIONAL RECIPES

MEASURING

ABBREVIATIONS

T	stands	for	tablespoon	hr	"	"	hour
t	"	"	teaspoon	pt	"	"	pint
c	"	"	cupful	qt	"	"	quart
spk	"	"	speck	oz	"	"	ounce
min	"	"	minute	lb	"	"	pound

MEASURES

3 t	equals	1 T
4 T	"	¼ cup or ½ gill
2 gills	"	1 c
2 c	"	1 pt.
2 pt	"	1 qt.
4 qt	"	1 gal.
2 gal	"	1 pk.
4 c flour	"	1 lb.
2 c granulated sugar	"	1 lb.
2 c butter	"	1 lb.
1 sq Baker's Chocolate	"	1 oz.
1 T liquid	"	½ oz.
16 T dry	"	1 cup
12 T liquid	"	1 cup
1 T sugar	"	½ oz.
9 or 10 eggs	"	1 lb.
Juice of 1 lemon	"	3 T

Extract measurements are necessary to insure the best results in cooking.

Dry ingredients should be sifted before measuring.

All materials should be measured level.

Measure dry, then liquid ingredients.

To measure a cupful or a spoonful of dry substance, heap the material on cup or spoon, lift it and level with a knife.

To measure butter, lard, or any solid fat, pack solidly into a cup and level with a knife.

For half a spoonful divide lengthwise.

For one-fourth a spoonful divide the half spoonful crosswise.

For one-eighth spoonful divide the quarter diagonally.

A speck is as much as will lie on the tip of a pointed knife.

A cupful of liquid is all the cup will hold.

A spoonful of liquid is all the spoon will hold.

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FOOD AND ITS FUNCTIONS

Elements and Compounds.—Some substances consist of but one thing, hence are called simple, such as iron, oxygen and carbon. A simple substance is called an element.

Some substances are composed of two or more elements, as water. What two elements make up water? A substance composed of two or more elements is called a compound.

The most common elements are:

1. Oxygen, an invisible, odorless gas which unites very readily with other elements to form compounds.

2. Hydrogen is an invisible gas. It will burn and unites with oxygen to form water.

3. Nitrogen is an invisible, incombustible gas.

4. Carbon exists as an element in two forms—graphite, the "lead" in pencils, and the diamond. It enters into more compounds than any other element. It is contained in all organic substances, as is shown by their blackening (carbonizing) when heated.

The body of the human being, like the bodies of most animals and plants, consist of organs or parts. The special work of each organ is called its function.

The various kinds of material composing the organs of the body are called tissues, bony tissue being found in the bones, nerve tissue in nerves, muscular tissue not only in muscles, but in the organs.

The tissues of the body are made up of cells. These cells may be likened to the cells in the honeycomb or the bricks in the wall of a house.

In the cells of the body many compounds are found, most of them being combinations of some or all of the following elements: Carbon, hydrogen, oxygen, nitrogen. It is estimated that oxygen forms two-thirds of the human body; hydrogen, one-eleventh; nitrogen, one-thirty-ninth.

Food.—Since our bodies are composed of the elements—carbon, hydrogen, oxygen and nitrogen in different compounds—our foods to nourish the body should contain the same elements. We find

that food does contain these elements in various compounds. We divide the compounds into groups, called the five food principles—proteins, carbo-hydrates, fats, water, mineral matter.

Proteins contain compounds of nitrogen, so are called nitrogenous foods. Proteins are absolutely necessary to life, as they are the only foods which can repair and build muscular and other tissue. Proteins are found in meat, fish, eggs, milk, cheese, peas, beans, lentils and grains.

Carbohydrates are derived from vegetable sources, and include starches, sugars, cellulose and gums. They do not contain nitrogen. What do they contain? They yield heat and energy and may be changed into fat in the body.

Fats and oil yield heat to body, and help to form fatty tissue. They are obtained from both animal and vegetable sources. They are composed of carbon and hydrogen, with less oxygen than carbohydrates.

Water constitutes about two-thirds to three-fourths by weight of the human body. Water is necessary to soften and dissolve the food; it carries food and dilutes the blood, helps to carry off the waste material, and by evaporation, keeps the body at the normal temperature, 98 degrees F. It also aids digestion and does important work in the body. It is composed of hydrogen and oxygen. We could not live without water.

Mineral matter includes compounds of lime, potassium, sodium, iron, etc. Common salt, a kind of mineral matter familiar to all, is the only mineral added in pure form to our food. Mineral matter is necessary to life, to digestion, to the blood. It helps to form bones, hair, nails and teeth. The mineral matter of foods is supplied principally in juices of fresh meats, fish, fruits and vegetables, and whole grains.

It has been very recently discovered that foods should not only accomplish the things named above, but should supply a certain unknown substance before growth can occur. This substance not only promotes growth, but it gives the body power to resist the entrance of disease. This "growth promoting," "disease resisting" substance is found in some of our foods. It is found most abundantly in milk, that is in the fat of milk, and also in the leafy part of plants and in yolk of egg. The name "Vitamines" has been given to these growth producing agents.

CLASSIFICATION OF FOODS

Organic

1. **Protein** or building foods are:

Meat, milk, eggs, fish, cheese, peas, beans, lentils, peanuts, grains.

2. **Carbohydrates** or heat, fat and energy producing foods are:

Foods containing sugar.

Foods containing starch.

Cellulose is the fibre or frame-work of all fruits and vegetables. It has no food value but is an aid to digestion.

3. **Fat** or heat producing foods are:

Oils and fats found in meat, milk, egg, grains, fruits, (olive,) nuts.

Inorganic

4. **Mineral Matter** to build the hard tissues of the body, (bones, teeth), to regulate blood condition and assist in assimilating our other foods.

Lime, salt, potash, etc.

These are abundant in fresh fruits and vegetables, in grains and also in milk and eggs.

5 **Water.**

REASONS FOR COOKING

Food is Cooked:

1. To make it more attractive.
2. To make it more palatable.
3. To develop flavor.
4. To make it more easily digested.
5. To kill germs.

WATER

Water is a colorless, odorless, tasteless, transparent liquid.

Composition.—Pure water is composed of two parts hydrogen and one part oxygen—H_2O.

Sources.—1. Rain. 2. Rivers. 3. Lakes. 4. Springs. 5. Wells.

Uses.

1. To quench thirst.
2. To regulate body temperature.
3. To dissolve food and aid digestion.
4. To carry food by means of the blood to all parts of the body.
5. To carry off waste matter.
6. The blood and other fluids of the body are composed largely of water.
7. Water constitutes from two-thirds to three-fourths of the weight of the body.

Kinds.

1. Soft. Rain water is soft.
2. Hard. As water passes through the earth it dissolves mineral substances; such water is called hard.

To Soften Hard Water.

1. Slightly hard water may be softened by boiling.
2. When the water is not softened by boiling a softening agent may be added, such as borax, washing soda, ammonia, potash or lye.

To Purify Water.

1. Impure water is dangerous.
2. Boil ten minutes. This destroys the bacteria but impairs the flavor. Pouring from one jar to another partially restores the flavor.

Cautions.

1. Do not use water left standing in open vessels.
2. Water standing in lead pipes any length of time may take up some of the lead, therefore it should be drawn off before using.

3. Never use water drawn from the hot water faucet for cooking or drinking purposes, as hot water is more likely to take up the particles of lead, than cold.

4. Freezing does not kill germs, it only checks their growth.

5. Never use a well without having the water tested by an expert.

6. Since water can not under ordinary circumstances be made any hotter after it begins to boil, fuel is wasted in keeping up more fire than is needed to just keep the water at the boiling point.

Temperatures.

1. Boiling, 212 degrees F. Large bubbles appear on the surface, break and steam escapes.

2. Simmering, 185 degrees F. Small air bubbles appear at bottom and sides of vessel.

3. Scalding, 150 degrees F. Too hot for the fingers.

4. Luke warm, 98 degrees F. Body heat.

5. Tepid, 92 degrees F.

6. Cold, 65 degrees F.

7. Freezing, 32 degrees F.

USE THIS SPACE FOR ADDITIONAL RECIPES

A HOOSIER BREAKFAST

FROM

THE **FISHBACK** LINE

INDIANAPOLIS KANSAS CITY

BEVERAGES

A beverage is any drink. All beverages contain a large percentage of water.

Use freshly boiled water for making hot beverages and freshly drawn water for the cold beverages.

TEA

Ingredients.

4 *t tea*
6 *c boiling water*

Method.

Scald tea pot, put tea in and pour boiling water over it and allow to stand where it will keep warm three minutes.

ICED TEA

Prepare a small amount of strong tea using 4 t to 1 c boiling water, strain, cool, dilute with iced water to the proper strength. Serve in glasses with one or two slices of lemon.

COFFEE—(6 Cups)

Ingredients.

¾ *c ground coffee*
1 *egg*
5 *c boiling water*
1½ *c cold water*

Method.

Scald the coffee pot, mix the egg, coffee and cold water in it. Pour the boiling water over it and boil for 3 min. Allow to stand 5 minutes before serving. If not boiled, coffee is cloudy; if boiled too long a bitter flavor is developed. A little cold water added at the last helps to clear the coffee.

Left over coffee may be used if poured off the grounds immediately. Keep in a cool place until needed. Never reheat coffee on the grounds.

COCOA—(6 Cups)

Ingredients.

4 *T cocoa*
4 *T sugar*
1 *c water*
1 *qt milk*

Method.

Mix sugar, cocoa and water together and cook until smooth and thick, then add the milk gradually while stirring, and bring the whole quickly to the scalding point. Remove cocoa from the fire and beat with a Dover egg beater, then serve at once.

CHOCOLATE

Ingredients.

1 *oz. chocolate*
½ *c water*
2 *T sugar*
1 *pt milk*

Method.

Cook chocolate, water and sugar together until smooth and thick; add milk and bring quickly to the boiling point. Serve with a spoonful of whipped cream on top of each cup, or marshmallows may be used instead of cream.

FRUIT PUNCH

Ingredients.

1 *lb. sugar*
4 *lemons*
3 *oranges*
3 *qts water*
1 *c shredded pineapple*
1 *c tea*
1 *c grape juice*
1 *c canned fruit juice*
1 *c cherries*

Mix all together. Stir well. Serve cold.

COFFEE

Despite the fact that coffee is the most universally used beverage it is remarkable that so few people really know how to make coffee in such a manner as to obtain the desirable elements of the bean without, at the same time, extracting the undesirable qualities.

It is the undesirable or injurious properties of coffee that have given this popular beverage a bad name, and then only among those who are not thoroughly informed on the subject.

In the first place, and it may seem contrary to the general belief, coffee should NOT be boiled, it should not be made by boiling the coffee in the water. The idea in "making" coffee is to extract,

from the ground bean, as much of the desirable elements as possible and yet avoid the extraction of the undesirable elements. These undesirable elements are principally tanic acid, while the caffeine, as extracted in the making of coffee, is a desirable quality.

Boiling the water and coffee together not ony extracts the caffeine but, at the same time, extracts the tanic acid, and the longer the boiling the greater the amount of tanic acid obtained.

These facts have been definitely established through a most exhaustive scientific research conducted over a period of two years by the Massachusetts Institute of Technology of Boston, and the National Coffee Roasters Association now warns the public against making coffee by boiling the grain with the water.

THE RIGHT WAY TO MAKE COFFEE

Obviously, the coffee bean must be ground in order to facilitate the making of coffee. Instead of boiling the ground bean and water together, pour the boiling water on the ground coffee, reboling the liquid, after straining, and pour over the coffee again. If the grain is course, reboil and pour over a third time. The temperature of the boiling water changes, during the pouring, just enough to avoid extracting the undesirable acids.

If this method is not used and the water must be mixed with the grain, then put the coffee on with cold water, one cup of water to each tablespoon of coffee. Watch the pot carefully and remove from the fire just as soon as the surface indicates that it is nearing the boiling point.

Good coffee can always be made with a percolater, provided it is carefully watched to prevent too much boiling. The heat of the fire has much to do with the preparation of percolator coffee, as with a slow fire it will take longer for the water to pass up and over the coffee than with a quick, hot fire.

Most important in the making of coffee is to have the coffee pot, percolator or such utensil thoroughly clean, not merely washed and rinsed, but scoured. It is a well established fact that even a small particle of foreign matter on the side or bottom of the coffee pot will greatly affect the taste of good coffee.

Bear in mind that cheap coffee is poor economy, the better the grade the less required to make a good cup of coffee. Strong coffee is not necessarily "strong" in the mouth, though the flavor is strong.

FRUITS

The mineral salts in fruits are especially valuable because they are in a form in which the body can use them. Fruit, either fresh or cooked, is very desirable for breakfast. It often acts as an appetizer aside from its food value. Fruit is a desirable dessert after a heavy meat dinner. It is not expensive if it is used when in season.

FRESH FRUIT

Methods of Preparing and Serving

ORANGES—(For breakfast)

Method.

Carefully wiped. Cut in half the round way of the fruit. May be sugared or not.

For Desserts.—Wipe, remove the skin, remove all the white membrane. Separate the sections, removing the membrane between sections.

They may be sliced crosswise very thinly instead of dividing into sections, removing the seeds, if any, sugared and chilled.

GRAPE FRUIT

Method.

1. Wash and wipe carefully.
2. Divide into halves, cutting the round way.
3. Remove the seeds.
4. Remove the core.
5. Separate the sections by cutting between them.
6. Cut between the sections and the rind so that the sections can easily be lifted out.
7. If liked sweetened they should be sugared and set to chill for several hours.

Note.—A sharp pointed pair of scissors kept especially for this purpose, or a sharp pointed knife, will do the work of preparing as well as the regular grape fruit knife.

GRAPES

Method.

Should be looked over and imperfect ones removed, then washed, allowed to drain and dry. Chill before serving.

BANANAS

Method.

Should be **ripe.** The part of the fruit which has been attached to the stalk should be removed before serving as the skin is often torn at this part and the fruit pulp exposed to dust and soiled hands.

MELONS—(Canteloupes)

Method.

1. Should be washed and dried.
2. Cut into halves crosswise and the seeds removed and either chilled in the refrigerator or filled with broken ice.

MELONS—(Watermelons)

Method.

Should be chilled thoroughly, then washed, dried and divided into triangular pieces.

DRIED FRUITS

General rules for cooking dried fruits.

Method.

1. Wash fruit thoroughly in several waters.
2. Cover with cold water and soak several hours or over night.
3. When ready to cook drain water from fruit, strain through cheese cloth, add it to the fruit and cook slowly until fruit is tender.
4. Add sugar if needed and cook until syrup is somewhat thickened.

COOKED FRUITS

RHUBARB SAUCE

Ingredients.

1 *lb. rhubarb (tender stems)*
1 *c sugar* 2-3 *c water*

Method.

1. Wash rhubarb thoroughly.
2. Place the stem on a cutting board, with a sharp knife cut through the skin, making pieces about an inch and a half long. Turn the stem as you cut so that the skin does not tear off in shreds.

3. Place in granite kettle, add the water, cover and cook until rhubarb begins to soften.

4. Add sugar and cook uncovered until juice boils rapidly.

Note.—If rhubarb is wanted without the juice, prepare as above; place in casserole with no water, cover and bake until rhubarb is tender, add sugar, cook until sugar dissolves.

BAKED APPLES (1)

Ingredients.

6 *Greening apples*
2-3 *c sugar*
½ *doz large cinnamon drops (Red Hots)*
Butter
Water
Marshmallows

Method.

1. Select perfect apples.
2. Wash, remove stem and blossom.
3. Carefully make a cavity and remove core and seed.
4. Place in baking dish. Fill the cavity with sugar; place small lump of butter and one cinnamon drop on top of each apple.
5. Fill baking dish one-third full of water, bake in moderately hot oven until apples are soft.
6. Just before removing from oven place one marshmallow on each apple and allow to melt and brown slightly, basting with the liquid in baking dish.

BAKED APPLES (2)

Ingredients.

6 *tart apples*
2-3 *c sugar*
Water
Butter
Nutmeg
Flour

Method.

1. Wash and pare apples.
2. Cut in halves and core.
3. Place in baking dish, cover with sugar, dots of butter and a dash of nutmeg; dredge lightly with flour. Pour water in pan so that some juice may be formed.
4. Bake in a moderately hot oven until apples are tender.

APPLE PRESERVE

Ingredients.

3 *large apples (sweet or not)*
1 *c sugar*
3 *T water*

Method.

1. Wash, pare, quarter and core the apples.
2. Cook sugar and water until it spins a thread when dropped from spoon.
3. Then cook the apples in this syrup until they are somewhat clear and glazed .

APPLE SAUCE

Ingredients.

6 *tart apples*
¼ *c sugar*
½ *c water*
nutmeg

Method.

Pare, core and slice apples, put into a porcelain or earthen kettle with the water, and cook until soft, add sugar and nutmeg, mash, and if preferred, put through a colander.

FRIED APPLES

Ingredients.

10 *apples*
3 *T butter or bacon fat*
½ *c sugar* (*if apples* are *tart*)
3 *T flour*

Method.

1. Wash apples, cut in thin slices, sprinkle flour over apples.
2. Put fat into hot skillet, add floured apples, add sugar, cook until tender and apples are light brown.

CRANBERRY JELLY

Ingredients.

1 *qt cranberries*
2 *c sugar*
1½ *c water*

Method.

1. Pick over and wash cranberries.
2. Put into a stew pan with water and boil until soft.
3. Strain, add sugar and cook.
4. Turn into mold or glasses, which have been previously wet with cold water.

CRANBERRY MARMALADE

Make in the same way as cranberry jelly, but do not strain.

USE THIS SPACE FOR ADDITIONAL RECIPES

VEGETABLES

CLASSES OF VEGETABLES

Different parts of vegetable plants are used for food, and these may be arranged in classes as follows:

Tubers, or the enlargements of underground stems. Examples: White potato, artichoke.

Roots.—Examples: Sweet potato, beet, carrot, radish, parsnip, turnip, oyster-plant.

Bulbs.—Examples: Onion, garlic.

Stems.—Examples: Asparagus, celery, chives, rhubarb.

Leaves.—Examples: Lettuce, spinach, watercress, cabbage, mustard, Swiss chard, beet and turnip tops, kale, dandelion.

Flowers.—Example: Cauliflower.

Fruits.—Examples: Corn, pea, bean, tomato, squash, cucumber, eggplant, pumpkin and peppers.

Seeds.—Peas, beans, lentils, corn.

TIME TABLE FOR BOILING VEGETABLES

The time for cooking depends on the age of the vegetables.

Asparagus (young)	20	to 30	min.
Asparagus (old)	30	to 60	min.
Beans (string)	1	to 2	hrs.
Beans (shelled)	1½	to 2	hrs.
Beets (young)	30	to 50	min.
Beets (old)	3	to 5	hrs.
Cabbage (old)	2	to 2½	hrs.
Carrots	20	to 30	min.
Cauliflower	25	to 55	min.
Green Corn	10	to 15	min.
Dandelions	2	to 2½	hrs.
Onions	40	to 60	min.
Parsnips	1	to 2	hrs.
Peas	15	to 20	min.
Potatoes	25	to 40	min.
Potatoes (sweet)	30	to 55	min.
Spinach and other greens	20	to 60	min.
Squash (summer)	20	to 55	min.
Squash (winter)	1	to 1½	hrs.
Turnips	40	to 60	min.

Vegetables are chiefly valuable for the pure water and mineral matter they contain, which act as a tonic to the system. They contain also cellulose or wood fibre, which is useful in stimulating the intestines so that their contents are kept constantly moving. Some vegetables contain starch, sugar and other substances. Peas, beans and lentils are tissue builders and may be used as meat substitutes.

Sweet juiced vegetables, as peas, beans, etc., should be cooked in just enough water to cover, with the exception of greens, which require a very small amount of water. The water should be boiled down and served with the vegetables or used as a basis for cream sauce.

Strong flavored vegetables, as cabbage, onions, etc., should be cooked in a large quantity of water, with the cover off. They should be put in fresh water when half done. Vegetables cooked in this manner lose some of the mineral salts but a milder flavor results. Crisp, tender vegetables are eaten raw. They should be washed in cold water to freshen and remove insects and dirt. Thoroughly dry in a soft cloth and place in ice box to cool, wrapped in a cloth or paper sack.

GENERAL RULES FOR COOKING

1. Wash thoroughly.
2. Pare, peel or scrape if skins must be removed.
3. Soak in cold water until ready to cook. Cauliflower, cabbage and greens should be soaked in salted water to rid them of insects.
4. Cook in freshly boiling salted water until tender, 1 t to 1 qt water.
5. Drain off the water, shake over fire, serve hot with seasoning or sauce as desired.

Water in which the vegetables are cooked is called vegetable stock and may be used as basis for soups or sauces.

STARCH

Starch is a white glistening powder. It is found in the vegetable kingdom and most abundantly in cereals, tapioca, nuts and vegetables.

Starchy foods must not be eaten by themselves but should be combined with foods that build and repair tissue.

We learn by experiments with starch that:

1. Cold water separates the starch grains.

2. If cold water is mixed with starch first, and boiling water added a smooth paste is formed. Boiling water swells and softens starch grains.

3. Boiling water poured on dry starch forms a lumpy mixture.

4. Starch mixed with sugar before adding boiling water separates the starch grains and forms a smooth paste.

5. Starch mixed with melted fat before adding boiling liquid separates the starch grains and forms a smooth mixture.

Digestion of Starch.

All foods containing starch must be thoroughl ycooked in order to prepare them for digestion.

The digestion of starch begins in the mouth where it is changed into a soluble substance called dextrine (a sugar). All starch must be changed into a soluble sugar before it can be absorbed and used in the body as food.

POTATO

Potatoes contain more than three-fourths water and nearly one-fifth starch, also small amounts of protein and mineral salts, also woody fibre.

Potatoes should be stored in a cool, dry place.

Potatoes, if pared before boiling, lose much of the food value during cooking. Most of the mineral matter lies just beneath the skin.

Old potatoes are improved by soaking in cold water for an hour before cooking.

Baked potatoes are more easily digested than boiled potatoes.

Potato Experiments.

Wash potato. Grate into a cheese cloth placed over a bowl. Squeeze the liquid from the pulp. Note the contents of the cloth. It contains the woody fibre or cellulose and some of the starch grains and mineral matter. When the hands dry hold them in the sun and note the little glistening starch grains.

Heat the water which was squeezed out of the potato. It becomes thick and changes to a clearer, less cloudy liquid. This indicates the presence of starch.

BOILED POTATOES

Follow the above directions for cooking vegetables. When done, drain off every drop of water and shake over the fire until dry.

MASHED POTATOES

1. Mash or rice hot boiled potatoes and season, adding 3 T butter, 1 t salt, a few grains of pepper and one-third c milk to five medium sized potatoes.
2. Beat until creamy and pile lightly in a hot dish. Serve hot.

POTATO SOUFFLE

Ingredients.

2 c mashed potatoes (sweet or white)
1 egg
1 T butter melted in ¼ c warm milk
Salt if needed
2 t onion juice plus pulp for white potato if desired

Method.

1. Add butter to warm milk and add to potato. Beat well.
2. Separate yolk from white of egg. Beat yolk and add to potato mixture. Add onion.
3. Beat white of egg until stiff. Fold into potato mixture.
4. Bake in moderate oven until puffed and brown. Serve at once.

Yolk of egg may be omitted if desired.

BAKED MASHED SWEET POTATOES AND MARSHMALLOW

Ingredients.

6 medium sized sweet potatoes
2 T fat
1 T sugar
8 marshmallows

Method.

Scrape and wash sweet potatoes. Cook until tender in boiling salted water. Run through a colander. Add fat and sugar. Bake with marshmallows on top until marshmallows are slightly brown.

CREAMED POTATOES

Ingredients.

2 T butter
2 T flour
few grains pepper
1 c milk
¼ t salt
2 c diced potatoes

Method.

Make white sauce and add potatoes. Re-heat and serve. May be garnished with parsley.

BAKED POTATOES

1. Select smooth, medium sized potatoes. Wash thoroughly and bake in a hot oven until soft.

2. Break open to allow steam to escape.

Note.—To find out if potatoes are soft, take each one in a cloth and press it. Do not stick fork into the potatoes while they are baking. Baked potatoes are easily digested.

BAKED STUFFED POTATOES

Ingredients.

1 potato
1-3 T butter
spk salt and pepper
½ T hot milk
1-3 egg white, well beaten (may be omitted)

Method.

1. Prepare potatoes for baking.
2. Bake in hot oven 40 minutes, or until soft.
3. Remove from oven, cut a slice from the top and scoop out the inside.
4. Wash and add butter, salt, pepper, milk and egg white.
5. Refill the skin and bake 5-8 minutes in a very hot oven.

ESCALLOPED POTATOES

Wash, pare and cut potatoes in thin slices. Put a layer in buttered baking dish, sprinkle with salt and pepper; dredge with flour and dot over with one-half tablespoonful butter; repeat. Add hot milk until it may be seen through top layer; bake one hour, or until potatoes are soft.

LYONNAISE POTATOES

Ingredients.

3 T butter
1 small onion
Spk salt and pepper
3 potatoes (cold boiled)

Method.

1. Put butter into a frying pan; when melted add onion (cut in thin slices); cook 2-3 minutes.
2. Add potatoes, sliced, season with pepper and salt and saute a light brown.

Note.—Sprinkle with finely chopped parsley if desired.

POTATOES DELMONICO

Ingredients.

1 c white sauce
2 pt cold boiled potatoes (diced)
½ c cracker crumbs, moistened with 1 T melted butter
½ c cheese

Method.

Put potatoes, cheese and sauce, two layers of each, in buttered baking dish, cover with crumbs and bake fifteen minutes.

POTATOES AU GRATIN

Omit cheese and bake with buttered crumbs on top in proportion of ¼ c melted butter to 1 c sifted cracker crumbs. Stir with fork.

GLAZED SWEET POTATOES

Wash and pare six medium-sized potatoes; cook 10 minutes in boiling, salted water; drain, cut in halves (lengthwise), put in a buttered pan. Make a syrup by boiling 3 minutes, ½ c sugar and 4 T water; add 1 T butter. Brush potatoes with syrup and bake 15 minutes, basting twice with remaining syrup.

STUFFED PEPPERS

Ingredients.

6 green sweet peppers
1 onion finely chopped
½ c cooked meat finely chopped or flaked fish
2 T butter substitute
½ c bread crumbs
1-3 c water or meat stock
salt and pepper to taste
¼ c buttered crumbs

Method.

1. Wash peppers, cut a slice from the stem end and take out the seeds. Drop the peppers in boiling water and cook 15 minutes.

2. Melt the fat, add the onion and cook 3 minutes, add the meat, bread crumbs, liquid and seasonings. Fill the peppers with the mixture. Cover with buttered crumbs and bake 10 minutes in a hot oven.

CORN A LA SOUTHERN

Ingredients.

1 can corn
2 eggs
1 t salt
1-8 t pepper
1½ T melted butter
1 pt scalded milk
2 T sugar

Method.

1. Add the eggs, slightly beaten, to the corn.
2. Add salt, pepper, butter, sugar and scalded milk.
3. Turn into a buttered dish and bake in a slow oven until firm.

CREAMED BEETS

Ingredients.

1 pt cooked beets
1 T flour
2 T fat
¼ c vinegar and water
2 T sugar
½ t salt
¼ c cream

Method.

1. Heat beets (diced) in a double boiler.
2. Add vinegar, sugar and salt.
3. Rub fat and flour to a paste and add to above, cooking all 20 minutes.

Just before ready to serve add cream.

CREAMED PEAS

Ingredients.

2 c boiled peas
¾ c medium white sauce

Method.

1. Drain boiled peas.
2. Add white sauce and serve. May be served on toast or in croustades.

Note.—Canned peas are often drained, rinsed and heated in fresh water and served in this way.

CREAMED CELERY

Wash, scrape and cut the outside celery stalks in one-inch pieces, cook in boiling water until tender. Drain and use one-half cup of this water and one-half cup of milk to make a white sauce, add the celery to the white sauce.

BOILED SPINACH

1. Cut off roots, stem and poor leaves, wash in several waters, to be sure it is free from all sand.
2. Cook in its own juices, heating it gradually till these are drawn out.
3. Season with salt, pepper and butter, garnish with slices of hard-cooked eggs.

Note.—Rather old spinach should be cooked in water and drained.

BOILED TURNIPS

Wash and pare turnips, cut in slices or cubes and cook in a large quantity of boiling, salted water until tender. Drain, dry thoroughly. They may be mashed and seasoned with butter, salt and pepper or served with white sauce, 1 c white sauce to 2 c turnips.

USE THIS SPACE FOR ADDITIONAL RECIPES

VEGETABLE SOUPS

BAKED BEAN SOUP

Ingredients.

3 *c cold baked beans*
3 *pints water*
2 *slices onion*
2 *stalks celery*
1 *pt tomato juice and pulp*
2 *T butter*
2 *T flour*
1 *T pepper sauce*
salt
Pepper

Method.

1. Cook beans, water, onion and celery in saucepan; simmer one-half hour. Put through coarse sieve, add tomato sauce, season and bind with butter and flour mixed together.

VEGETABLE SOUP

Ingredients.

1 *c cubed carrots*
1 *c cubed celery*
1 *c cubed turnip*
2 *c cubed potato*
1 *c chopped onion*
3 *qts water*
¼ *c butter*
2 *T flour*
1 *T chopped parsley*
1 *T salt*
½ *t pepper*

Method.

1. Cook the cubed vegetables, except the potato, in half the butter until slightly browned.
2. Add potato, cook 2 minutes, add the onion and water and simmer 30 minutes.
3. Mix remainder of butter with flour, add to first mixture. Cook 30 minutes and add parsley.

CEREALS

The cereals are wheat, oats, rice, barley and other grains.

Cereals for home use should be purchased in small quantities and kept in glass jars. Two or three kinds should be kept on hand to avoid the monotony of serving the same one every morning.

Cereals, being largely starch, must be cooked in several times their bulk of water, that the starch cells may be thoroughly cooked.

CEREALS

Reasons for Cooking.

1. Softens the cellulose.
2. Bursts the starch grains.
3. Increases palatability.

Methods of Cooking.

1. Boiling in water or milk. Example: Rice.
2. Steaming in water or milk. Example: Corn meal.
3. Heat in oven. Example: Corn flakes.
4. Toast. Example: Shredded wheat.

Advantages of a Double Boiler.

1. Longer and more thorough cooking.
2. No burning.
3. Eliminates stirring.

General Rules for Cooking.

1. Removes any foreign substances from cereal.

2. Fill lower part of double boiler one-third full of water. Keep water rapidly boiling.

3. Add cereal slowly to rapidly boiling, salted water in upper part of double boiler. Stir constantly until it thickens, cooking directly over fire.

4. Place over boiling water to finish cooking. Rice is washed. Rice swells about three times its original bulk. There is a greater amount of food value in unpolished rice.

Cereal.	Amount of Water.	Salt.	Time.
1 c rolled oats	3 c	1 t	30-60 min.
1 c coarse oatmeal	4 c	1 t	3 hrs.
1 c granular cereals (except corn meal)	4-6 c	1 t	30-60 min.
1 c corn meal	6 c	1 t	60 min.
1 c rice—boiled	8 c	1 t	20-30 min.
1 c rice—steamed	2 c	1 t	1 hr.

CORN MEAL MUSH

Ingredients.

1 *c corn meal* — 3 *c water*
1 *c milk* — 1 *t salt*

Method.

Put water, milk and salt on to boil. Wet corn meal in enough cold water to form a paste. Pour gradually into boiling liquid, stirring constantly. Place on back of stove, or over burner turned low, and cook slowly for 2 hours, stirring often. If the mush gets too thick, add a little more boiling water. Never cook mush in an iron pot, as it will turn dark. A fireproof crock is best. The milk added makes the mush more tender and browns better when fried.

To Fry.—Pour hot mush into an oblong pan, which has been wet with cold water. When firm and cold, turn out, cut in thin slices and saute in lard until brown.

ROLLED OATS

Ingredients.

1 *c rolled oats* — 1 *t salt*
2 *c water*

Method.

1. Put water and salt in the upper part of the double boiler. when boiling sprinkle in the cereal, stirring constantly.
2. Cook over direct fire five minutes. Then place over lower part of double boiler and cook from ½ hour, to 1 hour.

Note.—Rolled oats may be served with baked apples or other fruits.

CREAM OF WHEAT WITH BANANAS

Ingredients.

1 *c Cream of Wheat* — 1 *t salt*
4 *c water* — *bananas*

Method.

1. Follow directions given for rolled oats and cook ½ hour.
2. Turn on a dish, place sliced bananas around it and serve with cream.

RICE

Rice contains the greatest amount of starch of any of the cereals. Rice alone is not a perfect food, but should be eaten with

eggs, meat, butter or sugar. It may be served plain as a vegetable or in combination with other foods.

BOILED RICE

Ingredients.

1 *c rice*
2 *qts water*
1 *t salt*

Method.

Pick over rice; add slowly to boiling water so as not to check the boiling of the water. Boil 30 minutes, or until soft. Drain in a coarse strainer and pour over it 1 qt of cold water in order to separate the grains. Return to kettle, place on back of range and let it stand to dry. When stirring rice always use a fork to avoid breaking kernels.

Note.—Boiled rice may be served as a vegetable or served with sugar and cream as a dessert.

STEAMED RICE

Ingredients.

1 *c rice*
1 *t salt*
1 *pt water*

Method.

Follow general rules for cooking cereals in a double boiler.

APPLE COMPOTE

Ingredients.

2 *qts boiling water*
1 *c rice*
1 *t salt*
stewed apples

Method.

1. Wash rice thoroughly through several waters. Drain. Add gradually to rapidly boiling salted water. Boil from 15 to 25 minutes or until rice is tender. Stir occasionally with a fork.
2. Drain rice in a colander. Pour over it hot water. Dry in oven.
3. Press into a mould which has been first wet with water.
4. When ready to serve turn out of mould, arrange apples around base. Pour syrup over all and serve.

BLANC MANGE

Ingredients.

1 pt milk
3 T cornstarch
1 t vanilla
½ c sugar
¼ t salt
3 T cocoa may be used if chocolate flavor is desired

Method.

1. Put 1½ c milk with sugar and salt into the double boiler and place over the fire.
2. Mix cornstarch with rest of milk and add to the above mixture as soon as it is hot. Stir constantly until it thickens, then let cook from ½ hour to 1 hour. Add flavoring.
3. Pour into molds which have been wet with cold water.
4. Serve cold with cream or fruit.
5. Cocoa may be added with the sugar.

BOILED MACARONI

Ingredients.

¾ c macaroni, broken in 1-inch pieces
½ c cream
2 qts boiling water
1 T salt

Method.

1. Cook macaroni in boiling salted water until soft, drain in strainer and pour over it cold water.
2. Add cream, reheat and season with salt, or use thin, white sauce in place of cream.

BAKED MACARONI WITH CHEESE

1. Put a layer of boiled macaroni in a buttered baking dish, sprinkle with grated cheese and repeat.
2. Pour over it a thin white sauce, cover with buttered crumbs.
3. Bake until crumbs are brown.

SPAGHETTI WITH TOMATO SAUCE

Reheat ¾ c boiled spaghetti, 1½ c of tomato sauce; sprinkle with grated cheese and serve.

Note.—May be prepared as baked macaroni, using tomato sauce in place of the white sauce.

TOMATO SAUCE

Ingredients.

½ can of tomatoes
1 slice of onion
¼ t salt and pepper
3 T butter
2½T flour

Method.

1. Cook onion with tomatoes 15 min., rub through a strainer.
2. Mix as white sauce, using tomato juice in place of milk.

Cheese sauce made with white sauce and the addition of cheese (stirred until melted) may be poured over boiled macaroni.

USE THIS SPACE FOR ADDITIONAL RECIPES

MILK

Milk contains all the five food elements but is not a perfect food for adults, because the amount of water is too great. Milk quickly absorbs tastes, odors and impurities. It should be kept in clean vessels in a cool, clean place. Milk sold from open can is more likely to contain dirt and to sour more quickly than bottled milk.

Milk is a most important article of diet for children as a source of body-building material and the chief food for lime.

Milk should never be gulped down, but taken in sips, so that only small portions of curd are formed in the stomach, because they are much easier to digest than large ones.

Soured milk, with the curds beaten fine before it is drunk, as in buttermilk, is very easy to digest, because then no large curds can form. For the same reason it is often better to take milk with some other food.

Skim milk is a very valuable food, for it has everything found in whole milk but the fat.

Pasteurized milk is milk heated between 140 degrees and 155 degrees Fahrenheit. This destroys the most objectionable of the bacteria life but not all.

Heating milk to 212 degrees (boiling) changes its properties in some way so that it is not considered an ideal food, being somewhat harder to digest.

Condensed milk is a practical method of preserving milk. The milk is evaporated under pressure at a high temperature. Cane sugar or glucose is often added. The unsweetened kinds are most useful, but must be treated with care after cans are opened.

Condensed milk may be used in cooking when clean, fresh milk is not available.

To Whip Cream.—Chill heavy cream and set in a bowl of ice water or chipped ice. An ordinary Dover egg beater may be used. If the cream is warm, it will be churned to butter by the beating.

BUTTER

Ingredients.

½ pt cream 1-8 *t salt*

Method.

Beat the cream with a Dover beater or shake in a Mason jar until lumps of fat appear. Gather the solid part into a ball, work

with a spoon under cold water, press water out of butter. Salt, set in a cool place. Form into balls with butter paddles, dipped first in hot water, then into cold.

Experiment.—Heat a teaspoon of pure butter, renovated butter and oleomargarine in separate tablespoons over a small flame. Note the manner in which each melts and the appearance after melting. The butter will boil quietly, while the renovated butter and the oleomargarine will sputter and crackle. Watch for the precipitate in the oleomargarine.

COTTAGE CHEESE

Ingredients.

1 *qt sour milk (which has set)*	1 *T butter*
cream to moisten	¼ *t salt*

Method.

Heat the milk in a double boiler, as soon as the curd separates from the whey, strain the milk through a cloth, do not squeeze too dry. Mix curd, butter, salt and cream.

The protein in cheese is toughened by a high temperature, therefore a low temperature process should be used.

Cottage cheese is delicious served with lettuce and a dressing as a salad or with gingerbread for a dessert.

RENNET CUSTARD

Ingredients.

1 *qt milk*	1 *t vanilla*
4 *T sugar*	1 *rennet tablet*

Method.

1. Heat milk in double boiler until lukewarm, or the same as body temperature.
2. Dissolve rennet tablet in one tablespoonful lukewarm water. Add this with the sugar and vanilla to the milk.
3. Stir thoroughly and pour into cups and let stand in warm room until firm. Then set away to chill.
4. Serve with chocolate sauce.

Rennet is made from the lining of the stomach of a calf.

CREAMED DISHES

THIN WHITE SAUCE

Ingredients.

1.

1 *T flour*	¼ *t salt*
1 *T butter or substitute*	1 *c milk*

MEDIUM WHITE SAUCE

2.

2 *T flour*	¼ *t salt*
2 *T butter or substitute*	1 *c milk*

THICK WHITE SAUCE

3.

2 *T butter or substitute*	1 *c milk*
5 *T flour*	
few grains pepper	¼ *t salt*

Note.—This is the standard recipe for white sauce, but less fat may be used.

Method.

1—American.

1. Melt butter, remove from fire.
2. Add flour and salt, stir until smooth.
3. Cook just long enough to cause it to bubble.
4. Remove from fire and stir milk in gradually.
5. Return to fire and stir until it boils.

2—French.

1. Rub flour, salt and butter to a paste.
2. Cook just long enough to cause it to bubble.
3. Remove from fire, stir milk in gradually.
4. Return to fire and stir until it boils.

3—Invalid Cookery.

1. Add milk gradually to flour and salt, stirring to prevent lumps.
2. Cook in double boiler 30 minutes.
3. Add butter, stir until it melts.

FOODS USED IN CREAMED DISHES

Vegetables.

Cook until tender in boiling salted water. They may be cut in small portions either before or after cooking. When tender, drain them, add to the white sauce and let stand where they will keep hot but not boil; this will blend the flavors. If sauce becomes too thick it should be thinned with hot milk.

Sweet juiced vegetables, as peas, carrots, celery, should be cooked in a small amount of water; this water should be used as part of the liquid when making sauce.

Meat or Fish.

Cold chicken, cold fish, cold veal, dried beef, oysters, sweetbreads—cut in small portions, well seasoned and heated in white sauce.

CREAMED TOAST

Cut dry bread into ¼-inch slices. Crusts may or may not be removed. Put slices in a wire toaster and place over the fire to dry, holding some distance from the coals. Hold nearer the coals after it is dry and color a deep brown.

Cover with cream sauce and serve.

ESCALLOPED DISHES

Escalloped dishes are combinations of white sauce and some food (previously cooked or not), usually sliced or cubed, arranged in alternate layers in a baking dish, with a top crust of buttered crumbs and baked.

If the escalloped dish is made of cooked foods, as is usually the case, it needs only to be reheated in the oven. The sauce should bubble up through the crumbs and the crumbs become a golden brown.

This is an excellent way of using food left from a previous meal.

BUTTERED CRUMBS

Crumbs for escalloped dishes may be prepared from crusts or broken pieces of bread. These should be dried in a warm oven, leaving the door open to prevent browning; when crisp roll on a board or put through a meat grinder, then sift them.

SOFT BUTTERED CRUMBS

Ingredients.

1 *c soft crumbs*
1 *T butter*
1-8 *t salt*
few grains pepper

Method.

1. Melt the butter.
2. Add the crumbs and seasonings.
3. Mix lightly with a fork until the crumbs separate and become coated with the butter.

DRIED BUTTERED CRUMBS

Ingredients.

1 *c dried crumbs*
¼ *c butter*
½ *t salt*
few grains pepper

Method.

Same as for soft crumbs.

USE THIS SPACE FOR ADDITIONAL RECIPES

CREAM SOUPS

The foundation of cream soups is "thin white sauce."

Cooked vegetable pulp and juice are added to the white sauce and the soup is named from the vegetable used.

The soup should not boil after the vegetable has been added to the sauce as it may cause the milk to curdle.

Cream soups are less likely to curdle if soda (¼ t to each pint of vegetable) is added to the vegetable before mixing it with the white sauce.

If the sauce is made with vegetable juice and pulp instead of milk, and then add the scalding hot milk just before serving, it is not likely to curdle.

If the soup is too thick, it should be thinned with hot milk or vegetable juice.

Four cups (equal 1 qt) of soup should serve five people for a soup course with the ordinary meal.

Service.—Cream soups are not suitable if a full dinner is to follow. They may better be served as a main course for luncheon or supper.

Crackers, bread sticks, croutons or toast bars may accompany the soup. These may be broken one piece at a time, dropped into the soup and eaten before they become soaked.

Soup bowls should be heated and the soup be hot enough to be eaten comfortably. Do not serve lukewarm soup. Bowls should be filled a little more than half full and placed on a plate before serving.

Soup should be eaten from the side of the spoon, dipping with the side farthest from you.

Cream soups are economical since the tough parts of vegetables unfit for other purposes may be cooked until soft and strained; this added to the white sauce, makes a soup that is nourishing and easily digested.

THIN WHITE SAUCE

(For 2 cups sauce)

Ingredients.

2 c milk
2 T butter
2 T flour
½t salt

Method.

1. Melt butter, remove from fire.
2. Add flour and salt; stir until smooth.
3. Cook just until it bubbles and remove from fire.
4. Add milk gradually, stirring as it is added, return to the fire and stir until it boils.

CREAM OF CELERY SOUP

Ingredients.

3 c chopped celery — *¼ t salt*
2 c water — *2 c thin white sauce*

Method.

1. Cook celery and water until celery is soft enough to mash easily.
2. Press through strainer.
3. Add this juice and pulp to the thin white sauce.
4. Reheat to scalding point.

CREAM OF ASPARAGUS SOUP

Ingredients.

3 c asparagus (cut in small pieces) — *¼ t salt*
2 c water — *2 c thin white sauce*

Method.

Follow directions for celery soup.

Note.—The tips of asparagus may be removed before passing through strainer and used to garnish the soup.

CREAM OF PEA SOUP

Ingredients.

2 c peas (fresh or canned) — *1-8 t salt*
2 c water — *2 c thin white sauce*

Method.

Follow directions for celery soup.

CREAM OF CORN SOUP

Ingredients.

2 c corn (fresh or canned) — *¼ t salt*
2 c water — *2 c thin white sauce*

Method.

Follow directions for celery soup.

CREAM OF POTATO SOUP

Ingredients.

3 medium sized potatoes
2 c water
1 t salt
4 c thin white sauce

Method.

1. Wash, pare and cut potato into small pieces.
2. Cook in boiling salted water until tender enough to mash easily.
3. Drain them.
4. Press through strainer, add ¼ c hot milk or water.
5. Add the potato to the thin white sauce.
6. Reheat to scalding point.

Note.—Chopped parsley may be used as a garnish.

CREAM OF TOMATO SOUP

Ingredients.

2 c tomato juice and pulp (hot)
2 t sugar
¼ t soda
4 c thin white sauce

Note.—¼ bay leaf, 2 cloves, ¼ t pepper may be cooked with the tomato before straining.

Method.

1. Cook the tomato and seasonings until tomato will mash easily.
2. Press through strainer and return to saucepan.
3. Place over fire; when hot add sugar and soda.
4. Add these to the thin white sauce (hot) and serve at once.

Note.—If the flavor of onion is liked 1 or 2 slices may be cooked with any vegetable to be used for cream soups.

EGGS

The most important food in eggs is albumen, a tissue builder. Eggs can, therefore, be used as a substitute for meat. They also contain water, fat and mineral matter.

Eggs lose water by evaporation, air enters to take its place, and the egg spoils. Therefore eggs may be preserved by packing them in bran, salt or sawdust or by coating them with fat. Anything to keep the air out.

To tell whether an egg is fresh: 1. Drop into cold water. If it sinks it is fresh. 2. Hold egg between eye and the light. If clear it is fresh.

Experiments with Albumen.—Break an egg. Separate the yolk from the white.

Experiment 1.—Half fill a glass with cold water, add one-third the egg white. Beat well. Note result.

Example 2.—Bring 1 c of water to the boiling point, add one-third the egg white and boil two minutes. Note result.

Example 3.—Half fill sauce pan with boiling water, add one-third the egg white. Cover tightly. Let stand five minutes. Note results.

1. Cold water dissolves albumen.
2. Heat coagulates albumen. Albumen cooked in boiling water is tough and knotty.
3. Albumen cooked in hot water is jelly-like and tender.

Thickening of albumen is called coagulation.

METHOD OF PRESERVING EGGS IN WATER GLASS

General Directions

1. Use only clean, fresh eggs—infertile, if possible. Do not wash eggs. Preserve in March, April, May and June.
2. Use stone jar, two eight gallon jars being sufficient for 30 dozen eggs. Cover to prevent evaporation.
3. If powder is used, dissolve in the definite quantity of water stated in directions on package.

If solution is used, mix 1½ quarts of solution with 18 quarts of boiled water. Stir thoroughly and pour into (absolutely clean) stone jars. Place eggs in water glass. Be sure that the top layer

of eggs is covered by at least two inches of liquid. Cover and keep in a cool place. Rinse eggs in water before using. If eggs are to be boiled prick a small hole in large end of egg before placing in the boiling water.

A hen's egg consists of eight parts:

1. Shell—carbonate of lime.
2. Membrane—laying next the shell.
3. White—albumen and water.
4. Membrane enclosing yolk.
5. Yolk—fat, albumen, mineral, water.
6. Two spiral cords which hold yolk in place.
7. Embryo—small cell lying next the yolk..
8. Air space between membrane and round end of shell.

SOFT COOKED EGGS

Let water come to the boiling point. Place eggs in the water, cover the saucepan and let stand where the water will keep hot, **but not boil,** for 8-10 minutes.

SCRAMBLED EGGS

Ingredients.

4 eggs
½ c milk
¾ t salt
1 T butter

Method.

1. Beat eggs slightly. Add milk and salt.
2. Melt butter in upper part of double boiler, add the mixture, stir constantly until it becomes creamy.
3. Remove from the fire and serve immediately.

HARD COOKED EGGS

Cook in the same manner as soft cooked eggs, leaving them from 45 minutes to 1 hour.

EGG A LA GOLDENROD

Ingredients.

2 hard cooked eggs
3 slices toast
1 c medium white sauce

Method.

1. Chip the whites of the eggs and add to the white sauce, season and pour over the toast.
2. Put the yolks through a strainer on top of the toast.
3. Garnish with parsley; serve hot.

SCALLOPED EGGS

Ingredients.

6 hard cooked eggs
1 pt medium white sauce
Buttered bread crumbs
dry cheese (grated)

Method.

1. Slice eggs.
2. Sprinkle bottom of buttered baking dish with crumbs, cover with one-half the egg, cover eggs with sauce, sauce with cheese, and repeat.
3. Cover with remaining crumbs.
4. Place in oven and bake until crumbs are brown.

Chopped ham, veal, chicken or fish may be used in place of cheese, or in addition to it.

DEVILED OR STUFFED EGGS

Cut hard cooked eggs in halves. Remove yolks and mash them. Add half the amount of chopped or deviled meat with salad dressing to make of the consistency to mold. Refill the whites.

POACHED EGGS ON TOAST

Have ready a shallow pan of water nearly boiling. Break the eggs carefully and slip them into the water. The water should just cover the eggs. When the white is firm and a thin film covers the yolk, lift the eggs out carefully with a perforated spoon or strainer and place on toast.

BAKED EGGS

Break egg into ramekin or baking dish. Add one tablespoon cream, a few small pieces butter. Season with salt and paprika. Place in a pan of water in a slow oven.

EGGS IN NEST

Arrange stiffly beaten white of an egg on a slice of toast. Make a depression in the center and drop in unbeaten yolk. Sprinkle with salt. Bake in moderate oven.

FOAMY OMELET

Ingredients.

4 *eggs*
½ *t salt*
4 *T milk ar water*
1 *T butter*

Method.

1. Separate yolks from whites and beat the yolks until thick.
2. Add salt and milk.
3. Beat the whites until dry; fold them into the first mixture.
4. Melt the butter in an omelet pan; turn in the mixture and cook very slowly until well puffed up and a delicate brown underneath.
5. Place the pan on a grate in the oven to cook the top. Fold over, turn on a hot platter and serve at once.

Modifications: ½ c stale bread crumbs may be used in place of two eggs. Soak the crumbs in ½ c milk, add beaten yolks and seasonings, fold in whites and cook.

1 c medium white sauce may be poured around the omelet.

Before folding it may have spread over it a little fine cut parsley, chopped ham or other cooked meat, or grated cheese; or cooked, chopped oysters or clams may be used, or peas—almost any cooked food. Have the filling hot when put into the omelet.

FRENCH OMELET

Ingredients.

1 *egg*
1 *T milk or water*
1-8 *t salt*
½ *T butter*

Method.

1. Beat egg slightly, add salt and milk.
2. Melt the butter in a frying pan and pour in the egg mixture. As the egg thickens, lift it slightly with a fork or knife, letting the uncooked part run underneath.
3. When creamy all through roll it up, rolling toward the left side of the pan and turn on a hot platter. Serve at once.

CHEESE FONDUE

Ingredients.

1 c scalded milk
1 c soft, stale bread crumbs
¼ lb mild cheese, cut in small pieces
1 T butter
½ t salt
3 eggs

Method.

1. Soak bread in milk, add cheese, butter, salt and beaten egg yolks.
2. Beat whites of eggs until very stiff and fold into the mixture.
3. Pour in a buttered baking dish and bake in a moderate oven.

SOUFFLES

Souffles are combinations of cooked or uncooked mixtures and stiffly beaten whites of eggs baked in a moderate oven. They should be served immediately.

There are three essentials for perfect souffles:

1. Fresh eggs.
2. Stiffly beaten whites.
3. Very moderate oven.

Souffles are made with white sauce with the addition of meat, fish, rice, cheese, etc.; also made without sauce, using vegetable and fruit pulp plus eggs beaten.

CHEESE SOUFFLE

Ingredients.

2 T butter
3 T flour
½ c scalded milk
1 t salt
¼ c grated dry cheese
yolks 3 eggs
whites 3 eggs
dash cayenne

Method.

1. Prepare white sauce, add cheese, stirring until melted. Cool.
2. Add egg yolk.
3. Fold in stiffly beaten white.

CORN AND CHEESE SOUFFLE

Ingredients.

1 *T butter*
1 *T chopped green pepper*
¼ *c flour*
2 *c milk*
1 *c chopped corn*
1 *c grated cheese*
3 *eggs*
1 *t salt*

Method.

1. Melt butter and heat pepper in it for 2 minutes.
2. Add flour and stir milk in slowly.
3. When sauce is thickened add corn, cheese, yolks of eggs, seasoning.
4. Cut and fold in stiffly beaten whites.

FRUIT SOUFFLE

Ingredients.

¾ *c pulp sweetened*
salt
3 *egg whites*

Method.

Fresh, dried or canned fruit may be used. Drain syrup from canned fruit. Press pulp through strainer and add to stiffly beaten whites. Use Dover beater and continue beating until light. Place in buttered, sugared mold. Set in pan of warm water. Bake.

USE THIS SPACE FOR ADDITIONAL RECIPES

MILK AND EGGS

Custards

General Rule for Custards

1. Scald milk in a double boiler.
2. Beat eggs slightly.
3. Add sugar and salt and gradually scalded milk.
4. A moderate temperature is necessary in cooking custards. A baked custard should be placed in a pan of water to reduce the temperature while baking. A soft custard should be cooked over hot water.
5. For baked custard, strain custard mixture into cups or a baking dish wet with cold water.
6. Custards should be strained, cooled and flavored, and served very cold.
7. A soft custard is done when it forms a coating on the spoon.
8. A firm custard is done when a knife can be put through it and come out clean.
9. If a custard curdles put it in a pan of cold water and beat until smooth. It will be thinner.

SOFT CUSTARD

Ingredients.

1 *pt milk*	¼ *c sugar*
yolks 3 *eggs*	1-8 *t salt*
½ *t vanilla*	

When eggs are scarce, use yolks of two eggs and one-half tablespoon cornstarch.

Method.

1. Beat eggs slightly, add sugar and salt; stir constantly while adding hot milk gradually.
2. Cook in a double boiler, continue stirring until mixture thickens and forms a coating on the spoon.
3. Strain at once, Chill and flavor.
4. If cooked too long or at too high temperature, the mixture will curdle.

FLOATING ISLAND

Method.

1. Make a soft custard.
2. Beat the whites of the eggs stiff, gradually adding 3 T powdered sugar.
3. Pile the whites on the custard and serve cold.

Note.—This may be varied by adding cocoanut, jelly or cooked rice.

CARAMEL CUSTARD

Ingredients.

4 c scalded milk
5 eggs
½ c sugar
½ t salt
1 t vanilla

Method.

1. Put sugar in skillet. Stir constantly over fire until melted to a syrup of light brown color.
2. Add this gradually to milk, being careful that milk does not bubble up over pan.
3. When sugar melts in milk, add slowly to slightly beaten eggs.
4. Add salt and flavoring. Then strain into wet molds.
5. Bake as a custard.
6. Chill and serve.

TAPIOCA CREAM

Ingredients.

½ c pearl tapioca, or 1½ T minute tapioca
2 c scalded milk
½ t vanilla
1 or 2 eggs
1-3 c sugar
¼ t salt

Method.

1. Soak the pearl tapioca one hour in cold water to cover, after thoroughly washing.
2. Drain and add tapioca to scalded milk and salt in the double boiler and cook until tapioca is transparent, or about one-half hour.
3. Beat eggs and add the sugar. Combine mixtures by pouring hot milk very gradually into egg mixture. Cook in double boiler until thick, stirring constantly. Add flavoring and cool.

CHOCOLATE CREAM

Ingredients.

2 c scalded milk
5 T cornstarch
½ c sugar
¼ t salt
1 t vanilla
1-3 c cold milk
1½ sqs chocolate
3 T hot water
whites 3 eggs

Method.

1. Mix sugar, salt and cornstarch and dilute with cold milk.
2. Add slowly to scalded milk and cook over hot water ten minutes, stirring constantly until thick.
3. Melt chocolate, add hot water. Stir until smooth, and add to cooked mixture.
4. Add whites of eggs beaten until stiff, and vanilla. Mould, chill and serve with cream.

USE THIS SPACE FOR ADDITIONAL RECIPES

MEAT

Meat is the flesh of animals used for food.

Kinds.

1. Beef is from the steer, ox or cow.
2. Veal is from the young calf killed when six or eight weeks old.
3. Mutton is from the sheep over one year old.
4. Lamb is from the young sheep from six weeks to one year old.
5. Pork is from the pig.
6. Poultry includes chickens, turkeys, geese and ducks.
7. Game includes wild animals and fowl as deer, rabbits, quail, partridges, etc.

Selection.

The quality of meat depends on the age, health and manner of feeding the animal. The method of slaughter, transportation and preservation also affect the quality.

Meat should come from healthy animals and care must be taken in handling so that it is not infected by flies, dust or unclean hands.

Meat should have little or no odor, be uniform in color and firm and elastic to the touch.

Beef should be bright red and well marked with fat.

Veal should be pink and somewhat less firm than beef. If watery or flabby it is too young.

Mutton should be dull red and firm, the fat white or slightly yellow and hard.

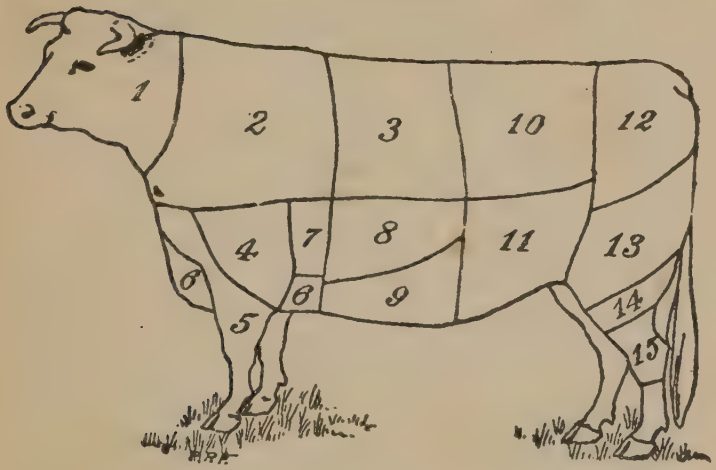
Lamb should be pink and slightly less firm than mutton.

Pork should be rather pale and is somewhat less firm than beef.

Care of Meat.

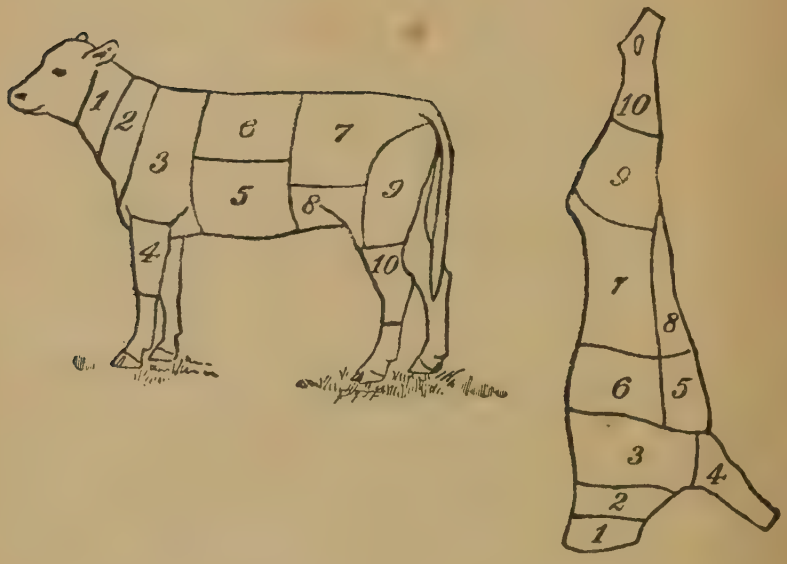
1. Meat should be removed from the paper as soon as it comes from the market.
2. Keep meat in a cool place but not directly on ice.
3. Before cooking always wipe meat with a damp cloth.
4. See that bones and trimmings are sent home from the market.

CUTS OF BEEF AND THEIR USES



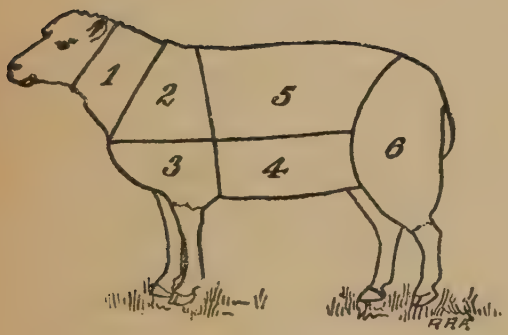
1. Neck—Stews, soup, mince meat.
2. Chuck—Roasts, braising, stews, steaks.
3. Ribs—Roasts.
4. Shoulder Clod—Soups, pot roasts, corned beef.
5. Fore Shank—Soup, stews, extracts.
6. Brisket — Corned beef, boiled, roasts, stews, soups.
7. Cross Ribs—Corned beef.
8. Plate—Corned beef, braised stews.
9. Navel—Jelly, corned beef.
10. Loin—Steaks (sirloin and porterhouse), roasts, tenderloin.
11. Flank—Rolled steak, broiled steak, braising.
12. Rump — Roasts, steaks, pot roasts, corned beef, broiled soups.
13. Round—Steaks, pot roasts, stews, beef broth, raw beef juice, dried beef.
14. Second Cut Round—Hamburg steak.
15. Hind Shank—Soup.

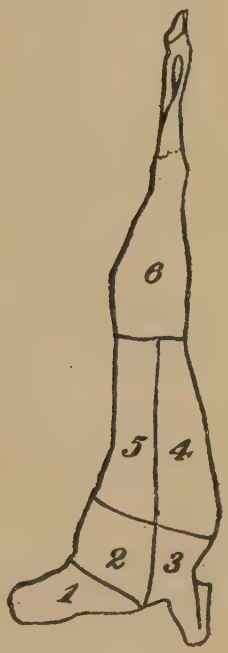
CUTS OF VEAL AND THEIR USES



1. Neck—Stew or fricassee.
2. Chuck—Broiled, roast.
3. Shoulder—Roast.
4. Fore Shank—Stews.
5. Breast—Roast, stuffed.
6. Ribs—Roast, chops, broth.
7. Loin—Steak, roast, chops.
8. Flank—Soup.
9. Leg—Steak or roast.
10. Hind Shank—Stews, broth.

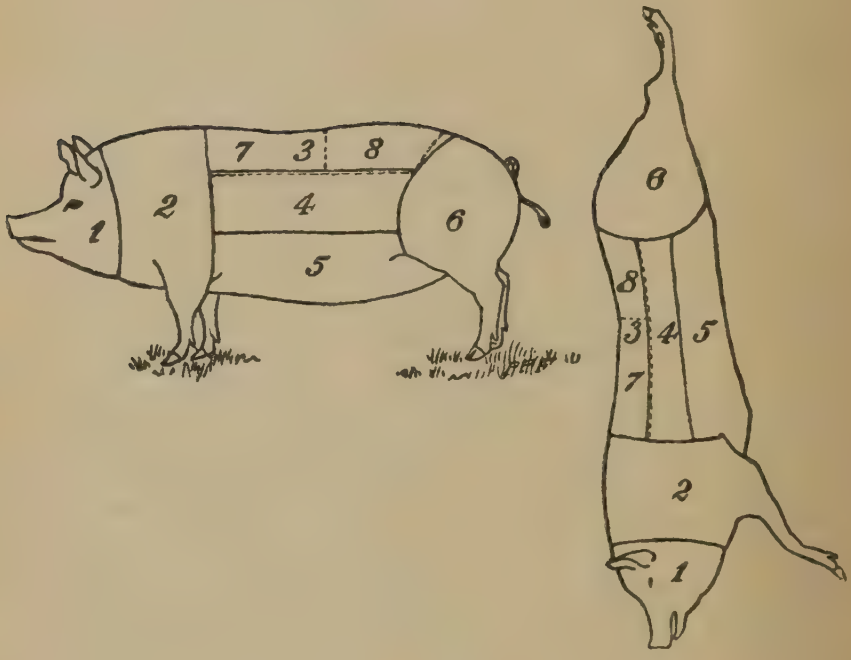
CUTS OF LAMB AND MUTTON AND THEIR USES





1. Neck—Broth, stew, braised.
2. Chuck—Boiling or roast.
3. Shoulder—Boiling or roast.
4. Flank—Stew, stuffed and roasted.
5. Loin—Chops, roast, broil.
6. Leg—Roast, braised, boiled.

CUTS OF PORK AND THEIR USES



1. Head—Headcheese or corned.
2. Shoulder—Smoked or roasts.
3. Back—Roasts, chops, steaks.
4. Middlecut—Roasts, spare ribs.
5. Belly—Salted or smoked bacon.
6. Ham—Boiled, baked, roasted.
7. Ribs—Roasts, chops, steaks.
8. Loin—Roasts, chops, steaks.

(Diagrams from U. S. Dept. of Agriculture Bulletin)

Methods of Cooking.

1. Boiling.—Cooking in boiling water.
2. Broiling.—Cooking over a glowing fire or under a gas flame in the broiling oven.
3. Baking—Cooking by the dry, confined heat of the oven.
4. Braising.—A combination of stewing and baking.
5. Frying.—Cooking in hot fat deep enough to cover the article to be cooked.
6. Fricasseeing.—A combination of frying and stewing.
7. Pan Broiling.—Cooking in a frying pan with little or no fat.
8. Roasting.—Cooking before a glowing fire (as commonly used, is the same as baking).
9. Stewing.—Cooking for a long time below the boiling point.
10. Sauteing.—Cooking in a small qauntity of fat (commonly called frying).
11. Steaming.—Cooking over the steam of boiling water.

TIME TABLE FOR BROILING

Steak 1-inch thick	5 to 8 min.
Steak 1½-inch thick	8 to 12 min.
Lamb or mutton chops	8 to 10 min.
Chicken	20 to 25 min.

TIME TABLE FOR ROASTING

Beef ribs, rare, per lb	8 to 10 min.
Beef ribs, well done, per lb	12 to 15 min.
Mutton leg, rare, per lb	10 min.
Mutton leg, well done, per lb	15 min.
Lamb, well done, per lb	20 min.
Veal, well done, per lb	25 min.
Pork, well done, per lb	30 min.
Chicken, per lb.	15 to 20 min.
Goose, per lb.	18 to 20 min.
Turkey, per lb.	15 to 18 min.

THREE WAYS OF BROILING

1.—Broiling Over Coal Fire.

1. Have a clear, red fire.
2. Wipe off meat with a wet cloth and remove superfluous fat.
3. Grease a broiler and put in the meat.
4. Hold close to the coals until seared, then turn and sear the other side; cook more slowly till done.

5. Put on a hot platter and spread with butter, creamed and mixed with salt and pepper.

2.—Broiling Under Gas Flame.

1. Have broiler oven very hot.
2. Prepare meat and place on the rack in pan.
3. Sear one side of the meat and then the other.
4. Remove farther from the gas and cook more slowly, turning occasionally.
5. Season and serve.

3.—Pan Broiling.

1. Heat a cast iron frying pan almost red hot.
2. Rub a little fat over the bottom of the pan and put in the meat.
3. Sear both sides, then cook more slowly.
4. Drain off the fat as it cooks out of the meat and use for gravy.
5. Season and serve.

STEAK

Porterhouse, sirloin or skirt steak may be broiled under Methods 1, 2 or 3.

HAMBURG STEAK

Ingredients.

1 lb chopped beef
1 t salt
2 T chopper parsley
¼ t pepper
1 t onion juice
½ c bread or cracker crumbs

Method.

1. Mix the ingredients well and make into cakes ½-inch thick and broil. The crumbs may be omitted.

CREOLE STEAK

Ingredients.

1 lb chopped round steak
½ c tomato pulp
½ c bread crumbs
onion
yolk of 1 egg
1 t salt
¼ t pepper

Method.

1. Mix thoroughly and bake (in covered pan) in moderate oven ½ hour.

2. Uncover and bake 20 minutes to brown.
3. Serve with tomato sauce.

(This is nice when steamed in a melon mold. Mold may be lined with cooked rice.)

BROILED BACON

Method.

1. Place thin slices of bacon (from which rind has been removed) closely together on a fine wire broiler or an omelet pan.
2. Place broiler or omelet pan over dripping pan and bake in a hot oven until bacon is crisp and brown, turning once.
3. Drain on brown paper.
4. Fat which has dripped into the pan should be poured out and used for frying liver, eggs, etc.

PAN BROILED BACON

Method.

1. Trim the rind from thin slices of bacon.
2. Heat frying pan hot.
3. Pan broil bacon, pouring off the grease as soon as it collects in pan.

PAN BROILED HAM

Method.

1. Trim rind and part of fat from slice of ham.
2. Place in skillet, cover with cold water, and let come just to the boiling point.
3. Remove ham, pour out water, wipe skillet dry and heat very hot.
4. Then pan broil the ham.

LIVER AND BACON

Method.

1. Cut the liver in pieces for serving.
2. Cover with boiling water, let stand about five minutes to draw out the blood.
3. Drain, wipe and remove the thin outside skin and veins.
4. Sprinkle with salt and pepper, dredge with flour and fry in bacon fat.
5. Serve with bacon.

BREADED VEAL CUTLETS

Method.

1. Wipe and remove the bone, skin and tough membrane. Shape into pieces for serving.
2. Sprinkle with salt and pepper. Roll in fine crumbs, then dip in beaten egg, then in crumbs again.
3. Cook in an omelet pan or bake in the oven.

Note.—Oysters, sweetbreads and pork tenderloin may be cooked and served in this way.

LAMB CHOPS, BROILED

Method.

1. Rub meat lightly with a cloth wrung out of cold water, remove excess of fat.
2. Place meat in greased broiler and broil over a clear, hot fire 5-7 min., turning every 10 sec. during the first minute and less frequently during remainder of time.
3. Sprinkle chops with salt on both sides.

Note.—Mutton chops may be prepared in the same way and served with tomato sauce.

BEEF STEW

Ingredients.

2 *lbs beef*	3 *carrots*
6 *small potatoes*	*salt*
1 *onion*	*pepper*
1 *turnip*	*flour*

Method.

1. Cut beef in cubes, brown a portion of meat in fat from meat, then put in a sauce pan with enough hot water to cover.
2. Cook slowly.
3. When meat is slightly tender add the vegetables, salt and pepper and cook until vegetables are tender.
4. Mix flour with cold water until smooth, then add to liquid. Let boil a few minutes until slightly thick. Stir constantly.
5. Serve with dumplings. See Flour Mixtures.

Note.—While cooking meat and potatoes add more water if needed. When ready to make gravy, if there is too much water, boil it down. Two T flour will thicken one pint liquid. Make a

paste with the flour and a little cold water. Browning the flour will add to the flavor. A little more flour will be necessary.

Mutton, lamb or veal may be used instead of beef.

BEEF A LA MODE

Method.

1. Insert 12 large strips of salt fat pork into a 4-pound piece of beef cut from the round.
2. Season with salt and pepper and dredge with flour.
3. Put a piece of suet or fat pork in a hot pan and brown the meat on all sides in this.
4. Add vegetables, turnips, carrots, onions and potatoes cut in dice.
5. Add boiling water to half cover the meat.
6. Cover closely and cook slowly four or five hours in the oven or on top of the range.
7. Remove meat and vegetables and thicken the liquid according to directions given for beef stew.

POT ROAST

Method.

When beef is prepared as in Beef a la Mode and cooked in a smaller amount of water without the strips of fat pork and vegetables, it is called pot roast.

SWISS STEAK

Ingredients.

1 *slice of round steak cut*	*flour*
1 *inch thick*	*salt, pepper*

Method.

1. Place meat on a board and sprinkle thickly with flour.
2. Pound the flour into the steak with the edge of a plate until all is pounded in.
3. Sprinkle on more flour and pound, repeating this until meat will hold no more.
4. Turn the steak and pound flour in as directed above.
5. Heat a skillet smoking hot.
6. Put in beef fat and place the steak in the pan.

7. When both sides are seared over, pour hot water over the meat until it nearly covers it.

8. Cook slowly from 1-3 hrs. time depending on the thickness of steak.

9. Season, serve on a hot platter with gravy over the meat.

MEAT PIE

Method.

1. Cut cold cooked meat into ½-in. cubes, remove all the gristle and fat except crisped outside fat.

2. Put into a baking dish and cover with the meat gravy or tomato sauce.

3. Spread a crust of mashed potatoes over the meat, brush with beaten egg or sprinkle with cracker crumbs and bake until brown.

Note—A crust made after Baking Powder Biscuit recipe may be used in place of mashed potatoes.

ROLLED FLANK OR ROUND OF BEEF

Ingredients.

flank steak or 1 lb of round steak thinly cut
2 or 3 small pieces of suet or fat salt pork
1 onion, sliced
1-3 c carrot, diced
2 c stock or water
salt and pepper

Method.

1. Wipe the meat.
2. Pound on both sides.
3. Spread with stuffing. Roll and tie.
4. Sprinkle the roll with salt and pepper and dredge with flour.
5. Brown on all sides in hot fat.
6. Lay the meat on the onion and carrot in a pan with the suet or pork on top.
7. Pour the stock or water into the pan.
8. Cover closely and cook slowly in the oven or on top of the stove.
9. For round steak, cook covered for 1 hr. then uncover and brown. For flank steak cook covered 3 hrs., then uncover and brown.
10. Serve with brown gravy made by thickening the liquid in the pan.

STUFFING

Ingredients.

2 c bread crumbs
2 T melted butter
2 T chopped parsley
½ t onion juice
¼ c hot water
1 stalk cenery or ¼ t celery salt
½ t salt
1-8 t pepper

ROASTING

The tender cuts of meat should be selected for roasting—sirloin, rump, ribs, etc. of beef; the loin, leg, shoulder of lamb, mutton or veal; loin, ribs, etc. of pork.

DIRECTIONS FOR ROASTING

1. Wipe the meat with a damp cloth.
2. Dredge meat with flour, salt and pepper.
3. Place meat on a rack in roasting pan skin side down.
4. Put in a hot oven, that the surface may be quickly seared to prevent the escape of the inner juices.
5. When the surface is seared (about 10 min.) reduce the heat.
6. The meat should either be covered closely or basted frequently.
7. When the meat is about half done, turn it over and dredge with flour that the skin side may be uppermost for final browning.

GRAVY

Method.

1. Allow 2 T fat to 3 T flour for each cup of gravy.
2. Put fat in pan, add the flour and stir until well browned.
3. Add the boiling water or stock gradually.
4. Boil 5 min., season with salt and pepper and strain.

JELLIED VEAL

1. Have a knuckle of veal divided into small pieces, bone should be sawed.
2. Put into a kettle and cover with boiling water, for seasoning add onion, bit of bay leaf, summer savory, thyme, and marjoram.
3. Cook slowly until tender.

4. Strain off the liquid and concentrate to about 1 to 1½ cups, depending upon the amount of meat.

5. Separate meat from any gristle and cut in small pieces.

6. Put slices of hard cooked egg in bottom of mold, put over them a little liquid and allow to set to hold in place.

7. Add a layer of seasoned veal mixed with celery and chopped parsley alternately with a layer of hard cooked eggs; press meat; pour over the liquid and chill.

8. If meat containing a little bone and connective tissue is used gelatine may be added to liquid to insure its forming a firm loaf when chilled.

USE THIS SPACE FOR ADDITIONAL RECIPES

SOUPS

Soups that have meat as their basis are called stock soups.

Kinds of Stock Soups.

1. Bouillon is made from beef stock.
2. Brown soup stock is made from beef and is highly seasoned with vegetables and herbs.
3. Consomme is usually made of several kinds of meat, beef, veal and fowl, highly seasoned with vegetables, spices and sweet herbs. It is always served clear.
4. Lamb stock, delicately seasoned, is served as mutton broth.
5. White soup stock is made of chicken or veal, delicately seasoned.

Food Value.

1. Meat broths, extracts and beef tea are all very low in food value.
2. Soup stock consists of the soluble parts of the meat, vegetables and bone dissolved in water.

DIRECTIONS FOR SOUP MAKING

1. Wipe meat carefully with a clean, damp cloth.
2. Use all the meat trimmings in making soup stock.
3. Cut meat in small pieces and break bone so that the juices may escape.
4. To give color and flavor to the soup, brown one-third of the meat in a hot frying pan.
5. Put meat, bone and fat into a soup kettle and add as many quarts of cold water as there are pounds of meat and bone.
6. Soak for an hour that the cold water may draw the juices from the meat.
7. Simmer five or six hours, never allowing the temperature to reach the boiling point. Add vegetables and spices the last hour of cooking.
8. When done, strain and cool as quickly as possible. Keep in a cool place.
9. Do not remove the layer of fat which forms on the top until ready to use the stock.

10. Vary soup by adding vegetables, macaroni, noodles, vermicelli, spaghetti, rice, etc.

11. Soup meat may be served in a soup with vegetables. Such a dish makes a meal when served with bread.

To Clear Soup.

1. When the stock is cold, remove the fat which has hardened on top.
2. Add a slightly beaten egg white and crushed shell for each quart of stock.
3. Stir constantly until the boiling point is reached.
4. Boil two or three minutes, then let it simmer 20 minutes.
5. Remove the scum and strain through a cloth.

BROWN SOUP STOCK

Ingredients.

6 lbs shin of beef
3 qts cold water
½ t pepper corns
6 cloves
½ bay leaf
1 T salt
3 sprigs thyme
1 sprig marjoram
2 sprigs parsley
carrot, turnip, onion, celery, ½ c each diced

Method.

1. Wipe meat and cut lean meat in small pieces.
2. Brown one-third of meat in hot frying pan in marrow from a marrow bone.
3. Put remaining two-thirds with bone and fat in soup kettle.
4. Add water, let stand 30 minutes.
5. Place on back of range, add browned meat and heat gradually to boiling point.
6. Cover and cook slowly six hours, keeping below boiling point during cooking.
7. As the scum rises it should be removed.
8. Add vegetables and seasonings, cook 1½ hours.
9. Strain and cool as quickly as possible.

BOUILLON

Method.

Bouillon is made from brown soup stock by removing the fat and clearing.

MEAT SUBSTITUTES

SHEPHERDS PIE

Method.

Grease a baking dish, cover the bottom with mashed potatoes. Add a layer of cooked minced meat or fish, seasoned well and mixed with meat stock, gravy, white sauce; cover with mashed potatoes. Bake long enough to heat through—20 to 30 minutes.

BEAN LOAF

Ingredients.

2 *c cooked beans*
1 *c bread crumbs*
1 *t salt*
1 *t poultry seasoning*
1 *T onion juice*
4 *T peanut butter*
1 *T butter substitute*
1 *c rice water or stock*

Method.

1. Chop beans slightly.
2. Mix all together, pack in greased pan and bake 30 min. in moderate oven. Serve with tomato sauce.

SALMON AND RICE CROQUETTES

Ingredients.

1 *small can salmon*
2 *c cold boiled rice*
1 *t salt*
dash of pepper or paprika
1 *c thick white sauce*

Method.

1. Pick over and drain salmon.
2. Mix salmon, rice and white sauce. Season.
3. Shape, roll in crumbs, then beaten egg, then crumbs.
4. Fry in deep fat.

Note.—Egg may be omitted. Croquette placed in oven with small amount of fat and baked instead of fried.

CRACKERS AND CHEESE

Ingredients.

2 *T butter*
2 *T flour*
½ *c cheese*
1 *c milk*
¼ *t salt*
few grains pepper

Method.

1. Rub butter, flour and salt to a paste.
2. Cook until it bubbles, stirring constantly.
3. Remove from stove, add milk gradually.
4. Return to stove, add cheese and pepper; stir constantly.
5. Cook until the cheese is melted and the mixture is of the consistency of thick cream.
6. Serve on wafers or toasted bread.

BAKED BEAN RAREBIT

Ingredients.

1 c mashed baked beans
½ c milk
¼ t salt
2 T fat
½c cheese, toast or wafers

Method.

1. Melt fat over hot water.
2. Add cheese, stir in beans and milk.
3. Cook until creamy.
4. Serve over toast or wafers.

SPANISH RICE

Ingredients.

2 c cooked rice
1 can tomato
½ can pimento or green pepper
2 onions
4 slices diced bacon
1 or 2 T Worcester sauce
¼ c grated cheese

Method.

1. Cook rice until tender; add other ingredients.
2. Put in baking dish. Sprinkle with ¼ c grated cheese.
3. Bake 25 min. in a slow oven.

BAKED RICE AND CHEESE

Ingredients.

2 c cooked rice
¼ lb grated cheese
paprika
salt
milk

Method.

1. Alternate layers of rice and cheese with seasoning.
2. Pour in milk until it shows.
3. Sprinkle with cheese and bake 20 min. in slow oven.

POULTRY

Selecting Poultry.

1. Spring chickens are those about five monthe old. A chicken over a year old is called a fowl.

2. Select a chicken with firm flesh, skin whole, and a good yellow.

3. The chicken is known by its soft feet, smooth skin, abundance of pin feathers and soft cartilage at the end of the breast bone. Long hairs denote age.

4. Select spring chickens for broiling, a young, plump chicken for roasting, a fowl for stewing.

To Dress and Clean Poultry.

1. After the feathers are removed pick out the pin feathers using a small pointed knife, being careful not to break the skin.

2. Remove hair and down by holding the bird over a gas flame or burning paper.

3. Cut off the head, using small pointed knife.

4. Cut through the skin around the leg, 1½ inches below the joint, being careful not to cut the tendons, snap the bone and pull of the foot.

5. Cut off the neck by turning back the skin and cutting close to the body.

6. Remove the crop and windpipe.

7. Make a cut through the skin below the breast bone just large enough to admit the hand.

8. Insert the hand and loosen all membranes.

9. Draw out entrails, using care not to break the gall bladder on the liver.

10. Remove the lungs and kidneys from the hollows of the back bone and between the ribs.

11. Remove the oil bag.

12. Wash the bird thoroughly by letting cold water run through it.

13. Wipe inside and outside with a damp cloth.

To Cut Up a Fowl.

1. Separate the legs from the body by cutting through the loose skin between the legs and the body, bend the leg back and cut through the flesh and joint.

2. Separate the upper part of the leg from the lower as the leg is separated from body.

3. Break the wing joints and cut off the wings. Cut off the tips of the wings.

4. Separate the breast from the back b ycutting through the skin about two inches below the breast bone and passing the knife along the ends of the ribs to the collar bone.

5. Separate the collar bone and wish bone from breast.

6. The back may be divided by cutting crosswise.

To Clean Giblets.

1. Separate the gall bladder from the liver.

2. Remove the clotted blood from the heart.

3. Make a cut through thickest part of gizzard as far as the inner lining, remove sack containing sand, etc.

To Stuff Poultry.

1. Use enough stuffing to fill the skin that the bird may look plump when served.

2. Sew the skin with coarse thread or use skewers.

To Truss Poultry.

1. Draw the thighs and wings close to the body and fasten with steel skewers or tie with string.

2. Draw neck skin under back and fasten with a skewer.

ROAST CHICKEN

Method.

1. Prepare according to directions given.

2. Place the bird on its back in the roasting pan.

3. Rub the entire surface with salt and spread breast and legs with 3 T butter creamed with 3 T flour.

4. Place in a hot oven and when the flour is well browned, reduce the heat.

5. Baste every 10 min. if not roasted in a self-basting pan.

6. For basting use ¼ c butter melted in 2-3 c boiling water; when this is gone use the fat in the pan.

7. When the breast meat is tender the bird is done.

STUFFING

Ingredients.

1 c cracker or bread crumbs
¼ c melted butter
powdered sage
1-3 c scalded milk or boiling water
salt and pepper
1 T chopped parsley

Method.

Melt butter and pour over the crumbs to which the seasonings have been added.

OYSTER DRESSING

Ingredients.

3 c bread and cracker crumbs
1 pt oysters
½ c melted butter
salt and pepper

Method.

1. Mix in the order given.
2. Add oysters cleaned and drained from their liquor.

FRIED CHICKEN

Method.

1. Dress, clean and cut up a chicken.
2. Dredge pieces with salt, pepper and flour.
3. Put plenty of salt pork, fat or lard and butter in the frying pan and when hot saute the chicken until brown and tender (about 30 min.).

Only spring chicken should be used.

CHICKEN FRICASSEE

Method.

1. Dress, clean and cut up a fowl.
2. Put in a kettle and cover with boiling water, bring to the boiling point and simmer until chicken is tender (2 to 3 hrs.)
3. Add salt to water when chicken is about half done.
4. Remove from water, dredge with flour, salt and pepper and brown in hot fat.
5. Strain the stock and remove the fat.
6. Melt 3 T butter or chicken fat, add 4 T flour and pour the chicken stock on gradually while stirring.
7. Add salt and pepper to taste and just before serving add ½ c cream or milk.
8. A brown sauce may be made by browning butter and flour before adding stock.
9. Serve with or without hot biscuit.

Veal may be used instead of chicken.

FISH

Classes.

Fish may be divided into two classes, (a) lean or white fish, and (b) oily or dark fish. Cod, halibut, haddock, white fish, flounder, smelt, perch, pickerel are white flesh, and salmon, mackerel, herring, shad, lake trout, dark flesh.

Digestibility.

The white fleshed fish is more easily digested than the dark and therefore should be selected for convalescents and invalids.

Selection

Fish is at its best when cleaned and cooked just after being caught. In selecting fish see that the flesh feels firm, that the eyes are bright and bulging and that the gills are red.

How to Bone a Fish.

Scale and clean. Begin at tail and run a sharp knife under the flesh close to the back, working towards the head. Separate the flesh from the side bones. Pull out th spine and attached bones.

Methods of Cooking Fish.

Boiling	Broiling
Braising	Frying
Baking	Steaming

The connective tissue in fish dissolves during the cooking process and the flesh has a tendency to fall apart. To prevent this it may be

1. Wrapped in cheese cloth to boil.
2. Dip in eggs and crumbs to fry.
3. Place on thin cloth to bake.

Fish combines palatably with other foods in souffles, croquettes, scalloped dishes and salads.

FISH CHOWDER

Rabbit, fowl, or any meat may be used instead of the fish, or tomatoes instead of milk. Tomatoes, however, are less nutritious than milk.

Ingredients.

1½ lbs fish (fresh, salt or canned)
9 potatoes, peeled and cut in small pieces
1 onion, sliced
2 c carrots cut in pieces
¼ lb salt pork
3 c milk
pepper
3 T flour

Method.

1. Cut pork in small pieces and fry with the chopped onion for five minutes.

2. Put pork, onions, carrots and potatoes in kettle and cover with boiling water. Cook until vegetables are tender.

3. Mix three tablespoons of flour with one-half cup of the cold milk and stir in the liquid in the pot to thicken.

4. Add the rest of the milk and the fish which has been removed from the bone and cut in small pieces. Cook until the fish is tender, about 10 minutes. Serve hot. You may omit salt pork and use a tablespoon of other fat.

CODFISH BALLS

Ingredients.

1 c codfish (shredded)
2 c potato, cut in cubes
1 egg
salt if needed

Method.

1. Put potatoes in stew pan. Cover with boiling water and cook until potatoes are nearly done. Add codfish.

2. The whole process will take about 20 minutes.

3. Drain off the water thoroughly and shake stew pan over fire to dry.

4. Mash and season. Add the egg. Finish as follows:

a. Shape into round, flat cakes about an inch thick. Saute.

b. The same, browning cakes on a greased pan in the oven or under gas flame.

c. Shape in balls. Place in frying basket. Lower basket into hot fat until the balls are brown. Lift the basket and drain balls on paper.

Note.—Egg may be omitted and mashed mixture dropped from spoon into hot fat. Brown well on one side and turn.

Serve with a medium white sauce.

STEAMED HALIBUT OR COD

Wipe fish with a damp cloth. Wrap in a piece of cheesecloth and place in steamer. Cook until flesh will come readily from bone. Remove from cheesecloth, remove skin and serve on a hot platter at once.

CREAMED SALT CODFISH

Ingredients.

1 c shredded codfish
1½ T butter
2 T flour
1 c milk
pepper
salt if needed

Method.

Pick 1 c codfish to shreds. Put in sauce pan and cover with cold water. Let come to the boiling point. Drain.

Make a white sauce with fat, flour and milk. Season. Add fish and serve on toast or with potatoes which have been boiled in the jackets. Garnish with hard boiled eggs.

SALMON LOAF

Ingredients.

1 can salmon
1 c cracker or bread crumbs
2 T butter
1 egg
½ c milk
½ t salt
pepper

Method.

1. Remove the bones and skin; leave oil.
2. Mix all together into a loaf and steam about 1 hr. Serve with lemon.

BAKED STUFFED FISH

Wash fish and dry with cheesecloth. Sprinkle with salt, stuff sew with coarse cotton. Insert slices of salt pork at intervals on each side. Bake in a hot oven, allowing 15 minutes to the pound. Serve with Hollandaise sauce.

STUFFING FOR FISH

Ingredients.

2 c bread crumbs
½ t salt
1 small onion, grated
4 T melted butter
1 t chopped parsley
1 t chopped pickle or capers

Method.

Mix in order given and moisten with a little hot water.

PARSLEY SAUCE

Ingredients.

1 T butter
1 T flour
1 c boiling water
¼ t salt
spk pepper
2 T chopped parsley

Method.

Make same as thin white sauce, using boiling water instead of milk.

EGG SAUCE

To Drawn Butter sauce add 2 hard cooked eggs cut in ¼-in. slices or the beaten yolks of 2 eggs and 1 t lemon juice.

DRAWN BUTTER SAUCE

Ingredients.

1-3 c butter
3 T flour
1-3 t pepper
1½c hot water
½ t salt

Method.

1. Melt ½ the butter and add flour with seasoning. Stir until free from lumps.
2. Add hot water gradually and boil about 5 min.
3. Add remaining butter in small pieces. Serve with boiled or baked fish.

HOLLANDAISE SAUCE

Ingredients.

½ c butter
2 egg yolks
½ T vinegar, or 1 T lemon juice
1-8 t paprika
¼ t salt
½ c hot water

Method.

1. Cream butter, add yolks, beat thoroughly.
2. Add lemon juice, salt, paprika, hot water.
3. Cook in double boiler. Stir constantly until thick and creamy.
4. Beat with Dover egg beater.

SHELL FISH

Shell fish are divided into two classes, (a) mollusks; clams, oysters, scallops and mussels, (b) crustaceans; lobsters, crabs, shrimps, crawfish.

Oysters are the most important of the shell fish considered as food. The flavor depends upon locality in which they are grown. The whole flesh of the oyster is edible. Oysters are in season from September to May.

How to Clean Oysters.

Drain off the liquid. With the fingers examine each oyster to see that no shells are clinging to them. The liquid from the oysters may be strained and used.

CREAMED OYSTERS ON TOAST

Ingredients.

1 *c oysters*	2 *T butter*
½ *c milk*	2 *T flour*
½ c *oyster liquor*	¼ *t salt*

Method.

1. Clean oysters, put into a strainer, set in a bowl and pour ½ c cold water over for every quart oysters. Take each one in the fingers to make sure no pieces of shell adhere to the tough muscle.
2. Boil liquor, and skim till clear.
3. Melt butter, add flour, oyster liquor and milk gradually. Season.
4. Add oysters and cook till they are plump and edges curl. Serve on toast. Garnish with parsley.

ESCALLOPED OYSTERS

Ingredients.

1 *pt oysters*	1½ *c crumbs*
4 *t oyster liquor*	1-3 *c butter (melted)*
6 *T milk or cream*	*salt*

Method.

1. Stir the melted butter into the crumbs. Put a thin layer in bottom of a buttered baking dish, cover with oysters and sprinkle with salt, add part of the milk and oyster liquor, repeat, and cover top with crumbs.

2. Bake 40 min. in hot oven.

Note.—Two layers are sufficient; if more be used, the center oysters will be underdone.

OYSTER STEW

Ingredients.

1 *pt oysters*
4 *c scalded milk*
4 *T butter or substitute*
½ *t salt*
1-8 *t pepper*

Method.

Carefully pick over the oysters, reserve liquor and heat it to the boiling point, strain through cheesecloth, add oysters, and cook until they are plump and edges begin to curl, add the hot milk, butter and seasoning. Serve at once.

OYSTERS IN BACON

Ingredients.

1 *doz oysters*
1 *doz slices bacon*

Method.

1. Drain oysters, wash, dry and roll each in bacon.
2. Fasten with toothpick.
3. Cook in hot pan until slightly crisp and brown.
4. Remove toothpick and serve on toast.

USE THIS SPACE FOR ADDITIONAL RECIPES

GELATINE

Gelatine is a transparent substance obtained from the bones, skins and connective tissues of animals by long boiling.

A very pure form of gelatine is made from the air bladder of the sturgeon and is used in the manufacture of isinglass.

Classification.—Gelatine is classed as a protein, but it is not a tissue builder. It will give heat and energy and is known as a protein sparer because it saves protein for tissue building that might otherwise be used for heat and energy.

Forms of Gelatine.

1. Sheet gelatine.
2. Shredded gelatine.
3. Granulated gelatine.

Characteristics of Gelatine.

1. Gelatine softens and swells in cold water.
2. Gelatine dissolves in hot water.
3. Dissolved gelatine thickens when cold.
4. Gelatine will not stiffen if boiled.
5. When gelatine has hardened to the consistency of egg white it may be beaten with a Dover egg beater the same as egg whites.

Directions for Use.

1. Soak gelatine in cold water about 20 min.
2. Dissolve gelatine by pouring boiling water over it or it may be dissolved by placing the soaked gelatine over hot water.
3. Add fruit juices and flavoring after the gelatine is dissolved.
4. Put the gelatine in a cool place or on ice to stiffen. This takes from two to four hours.
5. To make jelly and fruit in layers, put part of the gelatine with fruit into the mold and let it stiffen. Keep the remainder warm by setting it in warm water. Then make a second layer and repeat until all is used.
6. To remove jelly from mold dip the mold into hot water.

LEMON JELLY

Ingredients.

No. 1.

½ box Knox gelatine
2-3 c cold water

No. 2.

1 c sugar
2 c water
½ c lemon juice
1-inch stick cinnamon
thin yellow rind ¼ lemon

Method.

Allow No. 1 to soak from 15 to 20 min.

Mix No. 2 and cook together. Let boil 3 min. and pour into No. 1.

Add lemon juice and strain into molds. Set on ice until firm.

ORANGE SNOW PUDDING

Ingredients.

1 T gelatine
¼ c cold water
¾ c boiling water
1 egg white
½ c sugar
¾ c orange juice
2 T lemon juice

Method.

1. Prepare the same as lemon jelly, but just before it becomes hard beat in the whites of the eggs with a Dover egg beater.
2. This may be served in orange bakets.

RICE GELATINE

Ingredients.

½ box granulated gelatine
½ c cold water
½ t vanilla
1 pt double cream
½ c rice
½ c powdered sugar

Method.

1. Soak gelatine in cold water.
2. Dissolve over hot water.
3. Cook rice in boiling salted water until tender.
4. Dry thoroughly.
5. Whip the cream and fold into it the gelatine, cold rice, sugar and vanilla.
6. Pour into wet molds.
7. Serve with quince jelly.

SPANISH CREAM

Ingredients.

2 *T granulated gelatine*
3 *c milk*
3 *egg yolks*
½ *c sugar*
1-8 *t salt*
3 *egg whites*
1 *t vanilla*

Method.

1. Reserve ¼ c milk to soak gelatine.
2. Scald the remaining 2¾ c milk.
3. Separate the eggs.
4. Beat the yolks, add the sugar and salt.
5. Stir in the scalded milk slowly and cook in a double boiler, stirring all the time, until the custard thickens and forms a coating on the spoon.
6. Remove from the fire, add the soaked gelatine and stir until dissolved.
7. Beat the egg whites until stiff then fold into the mixture.
8. Flavor and turn into a wet mold.
9. Set in a cold place or on ice to harden.

USE THIS SPACE FOR ADDITIONAL RECIPES

FLOUR MIXTURES

Wheat.—There are two classes of wheat—summer and winter. Winter or soft wheat is sown in the fall; is soft and starchy. It is made into pastry flour. Summer or hard wheat is sown in the spring, grows up quickly and is hard, containing more gluten. Hard wheat flour makes a more elastic dough, necessary for good bread.

The wheat grain is composed of the bran, germ and heart. White flour contains the heart only; graham flour is made from the whole grain, and whole wheat flour is made from the bran and heart.

BATTERS AND DOUGHS

A batter is a thin mixture of flour and some liquid.

A thin batter is made in proportions of 1 measure of liquid to 1 measure of flour.

A drop batter or muffin mixture is made in proportions of 1 to 2.

A dough is made in proportions of 1 to 3.

A sponge is a drop batter, to which yeast has been added.

Accurate measuring is necessary for perfect success with flour mixtures. All dry ingredients are best sifted before measuring.

1. **Thin Batters.**—Popovers.
2. **Thick Pour Batters.**—Griddle cakes, waffles.
3. **Thick Batters.**—Cake, suet pudding, emergency biscuit, muffins, fritters.
4. **Heavy Drop Batter.**—Drop cookies.
5. **Soft Dough.**—Biscuit, crullers, bread, rolls.
6. **Stiff Dough.**—Pastry, rolled cookies, noodles.

A leavening agent is something which will lighten a mixture by producing a gas which separates the particles and expands by the heat applied, thus raising the mixture.

Leavening Agents.—Baking powder, yeast, baking soda and an acid (use ½ t soda to 1 c clabbered milk), steam, air, egg.

Shortenings.—Butter, oleomargarine, lard, crisco, suet, drippings, chicken fat, refined oils.

Sweetenings.—Sugar, brown sugar, molasses, corn syrups, honey, glucose.

Flavorings.—Spices, extracts, fruit juices, fruit rinds.

Baking Powder Experiments.

Dissolve ½ t of baking powder in 2 T of water and heat in a test tube. Note the gas given off by applying a lighted match. Note bubbling also.

2. Dissolve 1 t baking soda in ½ c cold water. Note if any action takes place.

OVEN TEMPERATURES

Slow 250-350 F.	Moderate 350-400 F.	Hot or Quick 400-450 F.	Very Hot 450-550 F.
Custards	Sponge Cake	Bread	Parker House
Meringues	Angel Cake	Gingerbread	Rolls
		Plain Cake	Popovers
		Muffins	B. Powder Biscuit
		Pastry	

Other oven tests may be used but are of course inaccurate.

1. Sensation alone.
2. Counting, associated with sensation.
3. Color changes in pieces of writing paper.
4. Color changes in flour.
5. Time it takes the oven to reach desired heat.

Quarters of Time.

1. Begins to rise.
2. Continues rising—begins to brown.
3. Finishes browning.
4. Shrinks from pan.

Thick batter mixtures are baked when a clean toothpick inserted in the center is pulled out clean. Cakes and muffins will shrink from sides of pans and when pressed lightly with the finger will spring back from the touch. A uniform brown color is desirable.

After baking, cakes and muffins are loosened at edges with a spatula.

Cake pans may be placed on damp cloth to assist in looseing cake.

Invert cakes on board or rack. Turn right side up after few minutes.

Combining of Four Mixtures.

1. Stirring.
2. Beating.
3. Cutting and folding.

Stirring mixes the ingredients.

Beating encloses a large amount of air.

Cutting and folding prevents the escape of air already introduced.

PROPORTIONS FOR MIXED SPICES

½ T cloves (ground)
½ T allspice
1 T mace
1 T grated nutmeg
3 T cinnamon

How to Chop Suet.

Divide suet in pieces. Remove the membrane. Mix with a little flour and chop in chopping bowl, or better, put through meat grinder.

How to Clean Currants.

Rub currants first with a little flour to remove grit. Wash thoroughly in strainer with cold water. Soften with hot water. Dry between folds of a clean towel, or place in oven a few minutes. Flour again for baking to prevent them from sinking to the bottom.

How to Seed Raisins.

A little butter on the tip of a paring knife and on the tips of your fingers aids in the removal of seeds from raisins.

POPOVERS

Ingredients.

1 c flour
½ t salt
1 egg
¾ c milk

Method.

1. Beat the egg, add the milk.
2. Sift in the dry ingredients, beat vigorously. Pour into buttered cups and bake in a hot over 30-35 minutes.

GRIDDLE CAKES

Ingredients.

1 c flour
½ t salt
1 egg
2 t baking powder
1 T butter (melted)
1 c milk

Method.

1. Sift dry ingredients together three times.
2. Add egg, butter and milk; beat thoroughly.
3. Pour batter by spoonsful on a hot, greased griddle. Bake until under side is deep brown. Turn and brown the other side.

Note.—If large bubbles rise at once to the top of the cakes, the griddle is too hot. If the top stiffens before the under side is brown, the griddle is not hot enough.

Serve the cakes as soon as baked, with butter, butter and syrup or butter and sugar.

SOUR MILK GRIDDLE CAKES

Ingredients.

1 c sour milk
1 c flour
1 egg
1-8 t salt
½ t soda

Method.

1. Sift flour, salt and soda together. Beat egg well.
2. Stir milk into dry ingredients. Add egg and stir well.

WAFFLES

Ingredients.

1 c flour
¼ t salt
¾ c milk
2 t baking powder
1 egg
2 T melted butter

Method.

1. Separate the egg. Beat the yolk and add the milk and butter.
2. Sift the dry ingredients, add to the above mixture.
3. Fold in the whites just before frying. Fry on a well-greased waffle iron.
4. The addition of 2 tablespoonsful of cornmeal to waffles or griddle cakes gives a more tender cake.

PLAIN MUFFINS

Ingredients.

2 c flour
½ t salt
3 t baking powder
1 c milk
1 egg, well beaten
2 T melted butter
4 T sugar

Method.

1. Mix dry ingredients.
2. Mix half of milk with beaten egg.
3. Add this to dry mixture. Beat together quickly.
4. If too thick, add enough milk to make a soft drop batter.
5. Add melted butter.
6. Fill greased muffin tins about half full, bake in a moderate oven about 20 minutes.

Note.—Vary with different flours.

GRAHAM MUFFINS

Ingredients.

1 c graham flour
1 c white flour
3½ t baking powder
¼ c sugar
1 t salt
1 c milk
1 T melted butter
1 egg

BRAN MUFFINS

Ingredients.

½ c flour
1 c bran
¼ t soda
1 t baking powder
1 T melted fat
2 T molasses
½ c sour milk

RICE MUFFINS

Ingredients.

3 c flour
1 c cooked rice
2 t baking powder
3 t sugar
1 1-3 c milk
1 egg
3 T melted butter
2-3 t salt

Combine the rice and milk

CORNMEAL MUFFINS

Ingredients.

1 c flour
1 c corn meal
2 T sugar
4 t baking powder
½ t salt
1 egg
1 c milk
2 T melted butter

DUTCH APPLE CAKE

Ingredients.

2 c flour
½ t salt
4 t baking powder
¼ c butter
1 egg
1 c milk
2 sour apples
2 T sugar

SOUTHERN SPOON BREAD

Ingredients.

¾ c corn meal
¼ c flour
½ t salt
2 T sugar
1 c sweet milk
½ c sour milk
1 egg
1½ T butter
¼ t soda

Method.

1. Mix and sift dry ingredients; add sour milk, one-half the sweet milk and the beaten egg.
2. Melt the butter in an earthen baking dish; pour the batter into it, then gently pour on top of it the remainder of the milk.
3. Bake about 30 minutes in a moderate oven, and serve in baking dish.

SPICED CORN BREAD

Ingredients.

1 c corn meal
½ c rye or barley flour
¼ c molasses
½ t salt
½ t soda
½ c sour milk
½ c water
1 t cinnamon
1 t ginger
½ t cloves
¼ c raisins

Method.

1. Mix thoroughly all dry ingredients.
2. Add milk, water, molasses and floured raisins.
3. Bake in moderate oven one hour. May be baked in loaf if desired.

GOLDEN CORN CAKE

Ingredients.

1½ c corn meal
¾ c flour
1 T sugar
4 t baking powder
½ t salt
1 c milk
1 egg
2 T melted butter

Method.

1. Mix and sift dry ingredients; add milk and beaten egg and butter.
2. Bake in shallow pan 20 minutes.

OATMEAL COFFEE CAKE

Ingredients.

2½ c rolled oats (put through grinder)
¼ c sugar
4 t baking powder
½ t salt
1 egg (well beaten)
1 c milk, coffee or water
¼ c fat
2-3 c raisins

Method.

1. Mix thoroughly dry ingredients, add liquid and beat.
2. Add fat melted and raisins mixed with some of ground oat flakes.
3. Pour into greased pan and bake in moderate oven about 30 minutes.

EMERGENCY BISCUITS

Ingredients.

1 c milk
2¼ c flour
4 t baking powder
4 T shortening
½ t salt

BAKING POWDER BISCUITS

Ingredients.

2 c flour
4 t baking powder
2-3 T fat
½ t salt
about 2-3 c milk or water

Method.

1. Sift dry ingredients and rub in the fat with finger tips or cut in, using 2 knives.

2. Add enough milk to moisten, stirring as **little as possible.**
3. Turn dough on a floured board and roll ½ inch thick.
4. Cut with a biscuit cutter, place on floured tins and bake in a hot oven 12 to 15 minutes.

Note.—Drop or Emergency Biscuit may be made by adding a little more liquid. Dumplings may be made by omitting fat and adding more liquid. Drop from spoon on top of boiling stew; cover closely. Cook 12 minutes without removing cover.

CINNAMON ROLLS

Ingredients.

2 c flour
4 t baking powder
½ t salt
2 T sugar
2 T butter
About 2-3 c milk
1-3 c stoned raisins (finely chopped)
2 T citron (finely chopped)
1-3 t cinnamon

Method.

1. Mix as for Baking Powder Biscuit.
2. Roll to ¼ inch thickness. Brush over with melted butter, and sprinkle with fruit, sugar and cinnamon. Roll like a jelly roll; cut off pieces three-fourths inch in thickness.
3. Place on a buttered tin and bake in a hot oven 15 minutes.

STRAWBERRY SHORTCAKE

Ingredients.

2 c flour
4 t baking powder
6 T shortening
¼ t salt
about 2/3 c milk or water

DUMPLINGS FOR BEEF STEW

Ingredients.

2 c flour
4 t baking powder
¾ c milk or water
½ t salt
2 t butter

Method.

1. Mix as for baking powder biscuit.
2. Drop by spoonsful on top of stew.
3. Cover closely and steam 12 minutes without lifting the cover.

The dumplings must rest on the meat and vegetables and not settle into the liquid.

Method.

1. Mix and sift dry ingredients three times, cut in the shortening and add milk gradually.
2. Divide dough in half and roll or pat out about ½ inch thick.
3. Place one piece of dough upon the other and bake in a hot oven about 15 minutes.
4. Remove from oven, separate, and pour filling between the layers and on top of the cake.

FILLING

Take a quart and a half of berries, wash, hull, cut in half and sweeten with one and a half cups of sugar. Pour over shortcake.

Note.—Oranges, raspberries, blackberries or other fruit may be used for a shortcake.

TEA RING

Ingredients.

Add one whole egg and one-half cup raisins to recipe for shortcake.

Method.

1. Toss on floured board.
2. Shape into an oblong.
3. Insert raisins.
4. Twist ends of dough and shape as a tea ring.

APPLE JOHN

Ingredients.

A shortcake dough. Any fresh or canned fruit not too juicy. Juice may be drained off and used for a sauce.

Method.

1. Place fruit in bottom of a baking dish. Sprinkle with sugar if necessary.
2. Drop shortcake mixture on top of fruit.
3. Bake in quick oven.
4. Serve with a sauce.

Baked or steamed apple dumplings may be made with a shortcake dough made into individual dumplings enclosing the fruit flavored with sugar, butter, cinnamon or nutmeg.

CAKE

a.—Butter Cakes.

General Rules for Mixing

1.—Commercial Method.

a. Mix all ingredients together in order given and beat vigorously.

This is a very easy and quick method and very good results may be obtained.

In cake making the use of pastry flour always gives a cake of superior quality. Adding the baking powder last also seems to produce better results.

2.—The Standard Method.

a. Sift together the dry ingredients.

b. Cream the butter and beat in the sugar.

c. The eggs may or may not be separated. If they are not, beat them until light and add to creamed butter and sugar.

If eggs are separated, beat the yolks into the creamed butter and sugar.

d. Add the dry ingredients and milk alternately. First stir and then beat vigorously, adding the flavoring.

e. Cut and fold in the stiffly beaten egg whites, and do not beat the mixture again.

b.—Cakes Without Butter.

(Sponge Cake, Etc.)

a. If baking powder is used, sift with the flour.

b. Beat the whites and yolks of eggs separately.

c. Beat the sugar into the yolks, and add the liquid and flavoring.

d. Add the dry ingredients and beaten whites alternately.

General Rules for Baking.

Time depends on thickness of cake.

a. Cup cakes, 12-15 minutes.

b. Layer cakes, 20-30 minutes.

c. Loaf cakes, 30-40 minutes.

STANDARD CAKE

Ingredients.

1/3 c butter
1 c sugar
2 eggs
¼ t salt
2/3 c milk
1¾ c flour
2½ t baking powder
1 t vanilla, or lemon, or ½ t almond extract, or 2 t mixed spices

Modifications.

Nut Cake.—Add ½ c chopped nuts.

Chocolate Cake.—Add 2 oz melted chocolate or 4 T cocoa with the vanilla.

Currant or Raisin.—Add ½ c.

SPICE CAKE

Ingredients.

4 T butter
½ c sugar
1 egg and 1 egg yolk
½ c N. O. mollasses
½ c sour milk
2½ c flour
2 t cinnamon
¾ t cloves
1 t soda
¼ t salt

Method.

1. Grease cake pan.
2. Sift flour, soda, salt and spice together three times.
3. Cream butter and sugar together.
4. Add eggs well beaten, molasses and dry ingredients.
5. Beat well and bake in moderate oven.

EGGLESS, MILKLESS, BUTTERLESS CAKE
(Fruit Cake)

Ingredients.

1 c brown sugar
1¼ c water
1 c seeded raisins
2 oz citron, cut fine
1/3 c shortening
5 t baking powder
½ t salt
1 t nutmeg
1 t cinnamon
1 c corn flour
1 c rye flour

Method.

Boil sugar, water, fruit, shortening, salt and spices together in saucepan 3 minutes. When cold add flour and baking powder, which have been sifted together; mix well. Bake in loaf, moderate oven, 45 minutes.

FEATHER CAKE

Ingredients.

6 T butter
3 eggs
1 1/3 c sugar
1½ t vanilla
1 c milk
3 c flour
6 t baking powder

Method.

1. Cream the butter and add sugar while creaming, then egg well beaten.
2. Sift flour, baking powder and salt and add a little to the first mixture, then add a little mink, and so on until all the flour is added. Add vanilla and beat well.
3. Put at once into buttered or paper pan. Bake in a moderate oven.

GINGER CAKE

Ingredients.

6 T shortening
1/3 c sugar
1 egg
½ c N. O. molasses
½ c milk
1 2/3 c flour
1 t ginger
½ t allspice
1 t soda

Method.

1. Cream shortening. Add sugar, egg and molasses. Beat well.
2. Mix spice, soda and flour; sift.
3. Add half of flour and part of milk to first mixture. Add remaining flour and enough milk to make a soft drop batter. Beat thoroughly.
4. Bake in a moderate oven about 30 minutes.

Other flours may be substituted for wheat flour.

DEVIL'S FOOD

Ingredients.

1½ c sugar
½ c butter
2 eggs
1 c milk
½ t salt
2 c flour
3 t baking powder
1 t vanilla
2 sqs chocolate grated

Method.

1. Beat to a cream one cup of the sugar with the butter.
2. Add well beaten eggs, then half a cup of the milk and vanilla.
3. Sift together the flour, salt and baking powder, and beat them into the other ingredients.
4. Put remainder of sugar and milk with the chocolate into a saucepan. Cook until smooth and thick. Add to mixture.
5. Add vanilla and beat well.

SPONGE CAKE

Ingredients.

3 eggs
¼ t salt
¾ c granulated sugar
1 c flour, sifted 3 times
1 t lemon juice
1½ T cold water

Method.

1. Beat the yolks of the eggs until stiff and lemon colored.
2. Add the sugar gradually and continue beating. Add lemon juice and water.
3. Beat the egg whites until very stiff and dry.
4. Fold in half of the well beaten whies, then sift and fold in gradually half of the flour.
5. Add the remainder of the egg and flour in the same way.
6. Bake in a buttered tin in a slow oven, or better line the tin with oiled paper.

ANGEL CAKE

Ingredients.

whites 8 eggs
1 t cream of tartar
1 c sugar
¾ c flour
¼ t salt
¾ t vanilla

Method.

1. Beat whites of eggs until frothy; add cream of tartar and continue beating until eggs are stiff.
2. Add sugar gradually.
3. Fold in flour mixed and sifted four times.
4. Add vanilla.
5. Bake about 45-50 minutes in angel cake pan in slow oven.
6. After cake has risen and begins to brown, cover with a buttered paper pan and cook till the chocolate is dissolved. Add to the cake batter. Beat well and bake in a moderate oven about 45 minutes.

USE THIS SPACE FOR ADDITIONAL RECIPES

COOKIES

Classification.—Dropped, rolled, spread.

DROPPED COOKIES

Thick batters; drop from a teaspoon on a well-greased sheet one inch apart.

ROLLED COOKIES

Stiff dough; chill before rolling out.

Filled cookies; two cookies rolled slightly thinner and put together before baking with fruit and nut filling.

SPREAD COOKIES

Thick batters; spread with spatula on a well-greased sheet or on backs of dripping pans. After baking cut in squares or oblongs. They may be rolled while hot.

GENERAL RULES FOR MIXING

Eggs should not be separated, otherwise mix as for cake.

Bake one cooky to see if mixture is of proper consistency.

PEANUT COOKIES

Ingredients.

2 T butter
¼ c sugar
½ c flour
1 t baking powder
½ c chopped peanuts
¼ t salt
1 egg
2 T milk
½ t lemon juice

Method.

Mix same as cake. Drop from a teaspoon on a greased tin, keeping cookies one inch apart. Place ½ a peanut on top of each and bake in a slow oven about 15 minutes.

OATMEAL COOKIES

Ingredients.

¾ c shortening
1 c sugar
2 eggs
½ c buttermilk or
¼ c boiling water
1 c raisins
¾ t soda
1 c oatflake
1¾ c flour
¼ t salt
1 t cinnamon

Method.

Mix and drop from a teaspoon the same as peanut cookies.

OATMEAL MACAROONS

Ingredients.

2 T butter
1 c sugar
2 eggs
2½ c rolled oats
1 t baking powder
1 t almond extract
¼ t salt

Method.

Soften butter slightly. Add sugar, beaten egg and extract. Then add oats, baking powder and salt mixed together. Drop by spoonsful on greased pan and bake about 12 minutes in hot oven.

Cocoanut may be substituted for part of the rolled oats.

SUGAR COOKIES

Ingredients.

¾ c fat
1 c sugar
1 egg
about 3 c flour
¼ c milk
2 t baking powder
1 t flavoring

Method.

1. Mix ingredients as for cake.
2. When dough is stiff enough to roll, turn on a floured board and roll about ¼-inch thick. Cut and place on a greased pan and bake about 15 minutes.

Note.—Substitute flours may be used. Vary by adding spices, fruit and nuts.

MOLASSES COOKIES

Ingredients.

1/3 *c butter*
1/3 *c boiling water*
2/3 *c molasses*
1 *t soda*
flour to make soft dough
½ *t salt*
1 *T ginger*
1 *t cinnamon*
½ *c sugar*

Method.

Mixed as for cake. Roll out ¼-inch thick. Cut and bake in moderate oven.

CHOCOLATE CHIPS
(A Spread Cooky)

Ingredients.

½ *c butter*
1 *c sugar*
2 *eggs*
4 *T melted chocolate*
1 *t vanilla*
1 *c flour*

NOODLES

Ingredients.

1 *egg*
½ *t salt*
flour

Method.

1. Beat egg slightly.
2. Add salt and flour enough to make very stiff dough.
3. Knead, toss on floured board and roll thinly as possible, which may be as thin as paper.
4. Cover with towel and set aside for 20 minutes.
5. Roll the sheet like a jelly roll, cut in very thin slices.
6. Unroll pieces, dry and when needed cook 20 minutes in boiling salted water. Drain and add to soup.

Noodles may be served as a vegetable.

BREADS

BOSTON BROWN BREAD (Steamed)

Ingredients.

1 c rye meal
1 c granulated corn meal
1 c graham flour
¾ c molasses
2 c sour milk or 1¾ c sweet milk or water
¾ t soda
1 t salt

Method.

1. Mix and sift dry ingredients.
2. Add molasses and milk, stir until well mixed.
3. Turn into a well-buttered mold and steam 3½ hours.
4. Butter and tie on cover with string.
5. Never fill mold more than two-thirds full. Allow water to come half way up around mold. Add more boiling water as needed.

BROWN BREAD (Baked)

Ingredients.

2/3 c molasses
2 c sour milk
3 eggs
2 T melted butter
3½ c graham flour
1½ t baking powder
2 t soda
¼ t salt

Method.

1. Mix and sift dry ingredients.
2. Add slightly beaten eggs to the liquid ingredients and combine mixtures.
3. Bake in a slow oven 1½ hours. The batter should be a little thicker than for butter cakes.

NUT BREAD, NO. 1

Ingredients.

2 eggs
½ c sugar
2 c milk
1 c chopped nuts
4 c flour
1½ t baking powder
1 t salt

Method.

1. Follow general directions for flour mixtures.
2. Allow mixture to stand in the pan 20 minutes.
3. Bake in a moderate oven 40-50 minutes.

NUT BREAD, NO. 2

Ingredients.

1 *c molasses*
1½ *c water*
4 *c graham flour*
1 *t salt*
2 *t baking powder*
½ *t soda*
1 *c white flour*
2 *c chopped walnuts*

Method.

Follow directions for flour mixtures. Bake in bread pans in a moderate oven 35-40 minutes.

YEAST BREAD

In judging a loaf of bread, the size and symmetry must be considered, uniformity in the color of the crust, the lightness of the crumb, the even distribution and the size of the cavities throughout the loaf.

Yeast is put into bread dough to produce carbon dioxide gas to lighten the whole mass. If yeast is in good condition, it has little effect on the flavor of bread, even if used in rather large quantity to hasten the process.

The best forms of yeast now on the market are the compressed and dried cakes. The former must be absolutely fresh.

Experiments With Yeast.

Divide 1 cake of yeast into three parts and dissolve each part in a little lukewarm water.

1. Surround one bowl with lukewarm water and keep at this temperature.
2. Surround 1 bowl with cracked ice and salt.
3. Surround 1 bowl with boiling water, and keep at this temperature.

Note results and state conclusions as to the effect of temperature upon the yeast cell.

4. Remove bowl 2 and surround with lukewarm water. Note result. State conclusion.

BREAD MAKING
(Slow Process)

Ingredients.

1 *t salt*
1 *T sugar*
1 *t butter or lard*
1 *c boiling water or scalder milk*
¼ *yeast cake*
3 *c flour*

Method.

1. Dissolve salt, sugar and butter in the liquid.

2. When mixture becomes lukewarm, break yeast cake into it and stir until dissolved. Add 1½ c flour to mixture gradually, beat thoroughly.

3. Set batter to rise in ordinary room temperature 7-8 hours or over night, or until doubled in bulk.

4. Add flour to mixture sufficient to prevent it sticking to board or hands.

5. Place dough on lightly floured molding board and knead lightly 10-15 minutes, adding a little more flour if it becomes sticky.

6. Let rise again. Then knead and shape dough into a loaf in buttered pan, and allow to rise same temperature as before until it doubles in bulk.

7. Bake loaf in moderately hot oven 50-60 min., or until a deep brown, turning pan as necessary to brown all sides.

8. Remove bread from pan, grease with butter and place where cold air can reach all sides of it.

Note.—If whole wheat or graham bread is desired, whole wheat or graham flour may be used instead of white flour in fourth step.

Ground oatmeal, barley flour, rye flour, cornmeal, corn flour, rice flour, potato flour, mashed potatoes may be substituted for part of the flour.

QUICK PROCESS BREAD
(About 5 Hours)

Ingredients.

3 *c flour*	1 *T butter or lard*
1 *c scalded milk or boiling water*	1 *yeast cake*
1 *t salt*	1 *t sugar*

Method.

Proceed as for slow process bread with the following exceptions:

Cover and put batter to rise in pan of warm water until doubled in bulk. Keep water at same temperature.

After the fifth step in slow process bread, for quick process bread mold dough into a loaf, place in well greased pan. Cover and let double in bulk.

Note.—If bread or roll dough is brushed with a little melted butter before it is set to rise it may be prevented from having a dry crust.

Very good bread was made during war times by mixing all ingredients together immediately and letting rise once only.

FANCY ROLLS

Ingredients.

2 c scalded milk	*4 T butter*
3 c flour	*4 T sugar*
1/3 yeast cake	*¾ t salt*

Method.

1. Add scalded milk to salt, sugar and butter, when lukewarm break yeast cake into it and stir until thoroughly mixed. Add flour, beat and set to rise.
2. When light, beat thoroughly and add enough flour to knead. Place in buttered bowl to rise.
3. When dough has doubled in bulk, place on lightly floured board and knead 10 minutes.
4. Form into any of the following shapes, brush with melted butter, let rise until doubled in bulk.
5. Bake 20 minutes to 30 minutes in hot oven.
6. Brush with melted butter when removed from the oven.

Fancy roll dough can be made into

Parker House rolls	Finger rolls
Flat rolls	Braided rolls
Cleft rolls	Vienna rolls
Cross rolls	Envelope rolls
Twin rolls	Cloverleaf rolls
Bread sticks	Bowknot rolls

COFFEE CAKE

Ingredients.

2 c scalded milk	*½ c sugar*
3 c flour	*¼ c butter*
1/3 yeast cake	*¾ t salt*
1 beaten egg	*¼ t cinnamon*

Method.

1. Mix same as fancy rolls.
2. When risen the second time, knead lightly 10 minutes, spread ¾ inch thick on buttered pans, let rise.
3. When light, spread with 3 T butter, 6 T sugar and 1 t cinnamon creamed together.
4. Bake in moderate oven 30 minutes.

PASTRY

Perforated tin pie pans secure a well-baked under crust. Place pie in hot oven at first, reducing heat after crust becomes hardened. Turn frequently while baking. An ordinary pie will take about 45 minutes. To prevent a soggy crust brush paste with white of egg. All paste is better chilled before baked.

QUICK PASTE

Ingredients.

1½ c flour
¾ t salt
1/3-½ c lard or substitute
about ¼ c cold water

Method.

Have all materials very cold. Mix salt with flour, cut in shortening with two knives or work in with tips of fingers. Moisten to dough with cold water. Toss on floured board and roll out, handling as lightly as possible. Do not knead. This makes one pie with cover, or two under crusts.

Note.—Part substitute flour may be used.

APPLE PIE

Ingredients.

3 c pared and sliced apples
½ c sugar
⅛ t salt
1 T lemon juice
1 T butter
¼ t cinnamon or nutmeg
grated rind of ½ lemon

Method.

Line pie pan with paste. Place the pared and sliced apples in pan. Mix sugar, spice, salt, lemon juice and grated rind and sprinkle over apples. Dot over with butter. Wet edges of under crust, cover with upper crust, which has been cut with gashes to allow the steam to escape. Press edges together and trim pie crust. Bake in quick oven until apples are tender and crust is brown.

CHERRY PIE

Ingredients.

1 qt cherries
½ T flour
1 c sugar

Method.

1. Fill lower crust with fruit mixed with sugar.
2. Dredge with flour.
3. Wet edges of under crust, cover with upper crust which has been cut with gashes.
4. Bake in quick oven.
5. When juicy fruit is used in filling pies, some of the juices are apt to escape during baking. As a precaution, bind with a strip of cotton cloth wrung out of cold water, and cut one inch wide and long enough to encircle the plate.

Sometimes cornicopias of paper are inserted in the center of the pie to assist in the escape of juices.

LEMON PIE

Ingredients.

1 c sugar
5 T flour
¼ t salt
1 c boiling water
1 T powdered sugar
2 egg whites
2 egg yolks
1 T butter
juice and rind of 1 lemon

Method.

1. Mix the flour with a little of the cold water.
2. Add the boiling water and cook until it thickens.
3. Add the butter and sugar.
4. Beat egg yolks slightly and add the other ingredients.
5. Add the lemon last.
6. Cook over hot water until very thick. Cool and fill partially baked crust.
7. When pie is done, beat the whites of eggs until stiff with the powdered sugar, place on top and brown in a moderate oven.

CREAM PIE

Ingredients.

1 pt scalded milk
3 T sugar
2 T corn starch
3 eggs
1 T pulverized sugar
½ t vanilla

Method.

1. Dissolve cornstarch in a little cold milk.
2. Beat the yolks and one white with sugar, then add cornstarch.
3. Pour scalded milk on mixture and cook in double boiler until it is of the consistency of blanc mange.
4. Cool and add vanilla. Fill partially baked pie crusts.
5. Beat the two remaining whites of eggs stiff and add pulverized sugar. Spread over pies and brown slightly in oven. This will make one medium pie.

CHEESE STRAWS

Roll out rich pie paste ¼ inch thick. Sprinkle with grated cheese and cayenne. Cut in oblong strips and bake in quick oven.

USE THIS SPACE FOR ADDITIONAL RECIPES

DEEP FAT FRYING

FATS FOR FRYING

1. Cottonseed oil, Crisco, leaf lard, olive oil, peanut oil, corn oil.
2. Fats for frying should be unburned, free from particles of previous frying.
3. Use an iron frying kettle and keep a gas spreader over the gas flame.
4. A wire frying basket facilitates the frying of such foods as potatoes, croquettes, etc.

Tests for Fats.

1. Brown an inch cube of bread in 40 seconds for cooked mixtures.
2. Brown an inch cube of bread in 60 seconds for uncooked mixtures.
3. Care must be exercised to keep the temperatures at the right point, for if too cool the material will soak fat; if too hot, both fat and materials to be cooked will burn.

General Appearance of Foods After Frying.

1. Uniform.
2. Golden brown.
3. Freedom from excessive grease.

Drain all fried foods on absorbent brown paper. Croquettes may be reheated in the oven or double boiler.

Materials for Croquettes.

Croquettes are made with a base of meat, fish, egg, cheese, nuts, rice, beans or other vegetables.

These must be combined with either a thick white sauce, egg, or starchy vegetables, as potatoes, rice, cereals or crumbs.

The Crumbs.

Bread crumbs are most desirable. Cracker crumbs give a pasty crust.

The Egg for Coating

The whole egg is preferable. Add water or milk equal to volume of egg. Beat slightly.

To Clarify Fat.

Drop several slices raw, pared potato into the fat and let bubble up. Strain all through cheesecloth. The potatoes absorb food odors and collect crumbs, leaving the fat clear.

POTATO CROQUETTES

Ingredients.

2 c hot riced potatoes
2 T butter
½ t salt
1-8 t pepper
1 t finely chopped parsley
Cayenne
few drops onion juice
yolk 1 egg
¼ t celery salt
milk if necessary

Method.

Add ingredients in order given to the potatoes. Form into balls, roll in crumbs, shape, drop in egg, crumbs again, and chill. Fry in deep fat.

FRENCH FRIED POTATOES

Wash and pare small potatoes, cut in eighths lengthwise and soak a few minutes in cold water. Take from water, dry between towls and fry in deep fat. Drain on absorbent brown paper and sprinkle with salt.

POTATO CHIPS

Slice raw, pared potatoes very thin, cover with cold water and let soak several hours. Drain, dry between towels, and fry in frying basket in hot fat about ten minutes. Care must be taken when lowering the basket into the hot fat, as the potatoes contain so much water.

DOUGHNUTS

Ingredients.

1 c sugar
2½ T butter
3 eggs
1 c milk
4 t baking powder
¼ t cinnamon
¼ t grated nutmeg
1½ t salt
flour to roll

Method.

1. Cream the butter with one-half the sugar.
2. Beat egg until light and add remaining sugar. Combine the two mixtures.
3. Add about 3½ cups flour, mixed and sifted with the baking powder, salt and spices; then enough more flour to make a dough stiff enough to roll. Pat and roll out to one-fourth inch thickness, part of mixture on floured board.
4. Cut with doughnut cutter, fry in deep fat and drain on brown paper. Add trimmings to remaining mixture, roll, cut and fry as before. Doughnuts should come quickly to top of fat. The fat must be kept at a uniform temperature. If too cold, doughnuts will absorb fat; if too hot, they will brown before sufficiently risen.

Doughnuts should be turned often while frying. They may be sugared by shaking in a paper bag containing a small amount of powdered sugar.

FRITTER BATTER, NO. 1

Ingredients.

1 1-3 c flour
2 t baking powder
¼ t salt
2-3 c milk

Method.

1. Mix and sift dry ingredients.
2. Add milk gradually, and egg well beaten.
3. Beat until smooth.

FRITTER BATTER II

Ingredients.

1 c flour
2 T sugar
½ t salt
rind 1 lemon
2 eggs
½ c milk

APPLE FRITTERS

Method.

1. Pare apples and cut in eighths, or pare, core and cut in ¼-in. slices.
2. Sprinkle with sugar, lemon juice, cinnamon or nutmeg.
3. Dip in batter and fry in deep fat.
4. Sprinkle with powdered sugar if desired and serve at once.

FRUIT FRITTERS

Fresh peaches, apricots or pears and canned pineapple drained from its syrup may be cut in pieces, dipped in batter and fried.

CAULIFLOWER FRITTERS

Sprinkle pieces of cold, cooked cauliflower with salt and pepper and dip in batter. Fry in deep fat.

CORN FRITTERS

Ingredients.

1 *pt sweet corn, either fresh or canned*
1 *c milk*
2 *T melted butter*
1 *egg, beaten*
1 *t salt*
flour to make a thick batter
4 *t baking powder*

Method.

1. Chop corn and add remaining ingredients.
2. Beat well and cook as griddle cakes, or fry in deep fat.

Note.—The fritters should be about the size of large oysters. They are a palatable accompaniment to roast chicken.

USE THIS SPACE FOR ADDITIONAL RECIPES

LEFT-OVERS

With skill, left-overs may be made as pleasing as the original dish. Too often they are put away in the ice box until they spoil and are then thrown out. This is not economy. Have a supply of cheap bowls and plates to hold left-overs to be put in the refrigerator. This saves breakage of good china.

Vegetables.

Cooked vegetables may be used for flavoring soup, for making creamed soups, scalloped dishes, creamed vegetables, vegetable hash, filling for an omelet, and for salads.

The leaves of celery and parsley may be dried and used for flavoring soups, dressing, etc.

The tops of beets, turnips and the outer leaves of lettuce may be used for greens.

Meat.

Do not reheat left-over cooked meat for a long time at great heat as this will make the meat tough.

Left-over meat, poultry and fish may be used for hash, scalloped dishes, creamed dishes, croquettes, a loaf and salads. Any left-over meat, vegetables and gravy may be used to make a meat pie. A left-over ham bone will improve the flavor of pea or bean soup. Any kind of cooked meat may be chopped and used in an omelet or combined with rice and tomatoes for a scalloped dish.

Rind of bacon and salt pork may be cooked with green vegetables or used to flavor soup.

Almost anything, except left-over desserts, can be used in soups; undesirable, gristly meat, left-over portions, vegetables, water in which vegetables or meats have been cooked, even the well-washed parings of vegetables, may be added for flavor and for their mineral salts.

Oatmeal, hominy and other cereals which are left over may be added next day to the fresh cooked cereal. Leftover cereals may be molded with fruit or may be used in making griddle cakes, muffins and puddings. Cold hominy or mush may be cut in squares and fried.

Cheese.

All dried pieces of cheese should be grated and put in a covered glass jar. These cheese crumbs may be used with potatoes, rice, macaroni, etc.

Stale Bread.

Stale bread may be used for griddle cakes, omelets, scalloped dishes, stuffing, croutons, puddings, etc. Stale bread may be slowly dried in the oven until crisp, then ground in a meat grinder or rolled. These crumbs should be kept in a glass jar covered with a cloth.

Finely ground bread or cracker crumbs may be used in place of flour in making griddlecakes, muffins, cake, etc., or as thickening in soups.

Unless bread has been thoroughly dried in the oven it should not be kept in a closed jar or tin. Store it in an open bowl or paper bag in a cupboard away from dust. If stored while it still contains moisture, it will acquire a stale, musty taste.

Slightly dry bread or biscuits may be freshened by moistening the crust and reheating in a covered pan. Toast, milk toast, cream toast, tomato sauce toast, fried toast and croutons may all be made out of dry bread.

CROUTONS

Cut stale bread in 1/3-inch slices, remove crusts, and cut slices in 1/3-inch cubes. Heat on a pan in the oven until they are crisp and brown, or they may be fried in deep fat. These may be made in quantity, kept in a glass jar, covered with a cloth. Reheat before using.

FRENCH TOAST

Ingredients.

1 egg
½ t salt
6 slices stale bread
2 T sugar (if desired)
1 c milk

Method.

1. Beat egg slightly, add salt, sugar and milk.
2. Dip the bread into the mixture.

3. Cook on a hot, well-greased griddle, brown on one side, turn and brown on the other side. Serve for breakfast or luncheon, or with a sauce for dessert.

Note.—This may be served as a dessert using the vanilla or lemon sauce.

CROUSTADES

Cut stale bread into 4-inch slices. Cut in diamonds, squares or circles. Remove centers by cutting down with knife leaving a crust ¼-in. thick on the bottom. Brush over with melted butter and brown in the oven. Fill with creamed meat, fish, oysters, chicken or vegetables.

Eggs.

Soft-boiled eggs, left over, can be cooked hard and used for creaming or garnishing; or they may be chopped fine and added to vegetables or chopped meat.

To keep the yolk of an opened egg, cover it with cold water. To keep the white, cover closely and put in the ice-box.

Milk.

Sour cream, sweetened with sugar and flavored with vinegar, makes an excellent salad dressing.

Soap.

Pieces of soap too small to be used conveniently may be collected and with the addition of water, melted in a saucepan. This makes a liquid soap.

SUGAR

Sugar is a crystalline substance with a sweet taste, and soluble in cold water. Its uses as a food are the same as starch, force producing and heat giving.

The principal kinds of sugar are cane, grape, milk and fruit.

Cane sugar is obtained from sugar cane, beets, palm and sugar maple trees. The products of manufacture are molasses syrup, brown sugar, loaf, cut granulated, powdered and confectioners The brown sugar is cheapest but not so pure as white. Powdered sugar is a little more granular than confectioners.

Grape sugar is found in honey and all sweet fruits.

Milk and fruit sugar are little used for sweetening except for invalids and babies.

Digestibility of Sugar.

Sugar is a valuable food material but should not be used in excess. It is liable to cause an acid fermentation in digestion if taken in too large amounts and it irritates the stomach. It should be combined with other foods. The daily amount for most people varies from two ounces for young children to four ounces for adults. Cakes and desserts should not be over sweetened.

Boiled Sugar for Confections.

There are several tests for boiling sugar:
Small thread, 215 degrees F.
Large thread, 217 degrees.
Soft ball, 238 degrees.
Hard ball, 248 degrees.
Crack, 310 degrees.
Caramel, 350 degrees.

Using a thermometer in making candy is much more accurate than testing in cold water.

CHOCOLATE FUDGE

Ingredients.

3 sq Baker's unsweetened chocolate, or
6 T cocoa
½ t vanilla
3 T butter
3 c sugar
1 c milk

Method.

1. Melt butter and chocolate.
2. Add sugar and milk, cook until a soft ball is formed when portion is dropped in cold water.
3. Let stand until cold, then beat until creamy. Pour in a buttered pan and mark in squares.

Note.—Opera Creams or White Fudge may be made in same way, leaving out the chocolate and doubling the quantity of butter. Panouchi may be made by the same method using 3 c brown sugar, 1 T butter, 1 c milk.

FONDANT

Ingredients.

1 c sugar
¼ c boiling water
1-8 t cream of tartar

Method.

Put the ingredients in a saucepan and heat slowly, stirring until the sugar is dissolved, then boil gently without stirring until a thin hair is formed when the mixture is dropped from a spoon; test a small portion in cold water and if it forms a soft ball remove the saucepan from the fire and set it in a cold place until slightly cool—then stir it until stiff and finally work it with the hands until it becomes a smooth dough.

Note.—Fondant may be used in making bonbons, cream drops, chocolates, etc. Brown or maple sugar may be used.

VINEGAR CANDY

Ingredients.

2 c sugar
2 T butter
½ c vinegar

Method.

1. Put butter in a saucepan; when melted add sugar and vinegar. Stir until sugar is dissolved, afterwards occasionally.
2. Boil until, when tried in cold water, mixture will become brittle.
3. Turn on a buttered platter to cool. Pull and cut same as molasses candy.

CHOCOLATE CARAMELS

Ingredients.

2 sq chocolate
1 c honey, 1c corn syrup, or 2 c corn syrup
1 T butter or substitute
1 c milk
1 t vanilla

Method.

Cook all the ingredients except vanilla together until a hard ball forms in water. Add vanilla and pour into oiled pans to cool. Nuts may be added before pouring into pans.

PEANUT BRITTLE

Ingredients.

1 c granulated or brown sugar
¼ c chopped peanuts

Method.

1. Heat the sugar until it is melted, stirring constantly.
2. Add the chopped nuts and pour quickly on a greased tin.
3. Mark into squares when slightly cool.

(¾ c of peanuts in shell equal ¼ c meats.)

ENGLISH TOFFEE

Ingredients.

2 c brown sugar
4 T Karo syrup
4 T water
2 T butter
3 T vinegar

Method.

Mix in saucepan. Stir until it boils and then cook until brittle when tested in cold water. Pour into greased pan. Cut into squares before cool.

CARAMEL

Ingredients.

1 c sugar
½ c boiling water

Method.

1. Melt sugar in iron pan over a low flame.
2. Move slowly back and forth allowing crumbled sugar to melt. When melted, it quickly turns to a brown syrup.
3. Add boiling water and simmer. Strain.

BOILED FROSTING I

Ingredients.

1 c sugar — *1-3 c water*
White of 1 egg — *½ t vanilla*

Method.

1. Stir sugar and water in saucepan till the syrup boils.
2. Boil, without stirring, till it threads when tested with a fork.
3. A little before it reaches this point, beat the white of egg stiff.
4. When the syrup threads, turn into the egg in a fine stream, beating till smooth, but not thick enough to drop. Flavor and pour over the cake.
5. If beaten too long, thin with a few drops of hot water and wet the knife in cold water.

FRITTER BATTER, NO. 2

Ingredients.

1 c granulated sugar — *white of 1 egg beaten very stiff*
2 T cold water

Method.

1. Stir ingredients together and cook over steam about 10 minutes.
2. Stir constantly while cooking; add flavoring before spreading on the cake.

If a chocolate icing is desired add 1 oz. of shaved Baker's chocolate the last few minutes of cooking.

COFFEE FROSTING

Ingredients.

2 t cocoa — *1 T butter*
confectioners sugar — *2 T strong coffee*

Method.

1. Melt butter in hot coffee.
2. Add cocoa and sugar until of right consistency to spread.

CHOCOLATE FROSTING

Ingredients.

The same as fudge.

Method.

1. Cook to soft ball stage. Cool.
2. Beat until too thick to spread and thin gradually with cream, beating constantly.

POP CORN BALLS

Pop corn. Pick over carefully. Prepare syrup by boiling 2 c syrup, 1 T butter substitute until it threads.

Pour slowly over corn, stirring so that a small portion of mixture adheres to each kernel. Dip hands into cold water and form corn into balls.

The syrup may be made of 2 c corn syrup or 1½ c corn syrup and ½ c molasses. Corn syrup or maple syrup may be used.

MARGUERITES

Ingredients.

1 c granulated sugar
2 T cold water
whites of 2 eggs beaten very stiff

Method.

1. Stir ingredients together and cook in a double boiler 10 minutes. Stir occasionally while cooking.
2. When done, stir thick with nuts cut up fine—English walnuts or peanuts can be used. Spread on wafers and dry in oven. While using, stir up well from the bottom. This recipe will cover about thirty-six reception wafers. There are about 100 wafers to a pound and three times this recipe will make 100 marguerites.

SALADS

Salads may be made of meat, fish, vegetables or fruits, with the addition of a dressing.

Important things to remember in making salads:

1. All green vegetables, such as celery, lettuce, cucumbers, etc., should always be fresh and crisp. Wash them thoroughly, wrap in cheesecloth and place on ice until serving time.

2. All materials should be fresh and cold and dry.

3. Do not mix with dressing until just before serving, then mix lightly. A wooden fork is best for mixing.

4. Cooked vegetables or meat salads should be marinated before adding the dressing. A French dressing is often used to marinate a salad.

5. Attractive arrangement and manner of serving are extremely important.

6. Combinations of fruits or vegetables may be used in salads.

Green vegetables contain mineral salts necessary to good health. The oils and fats used in salad dressings are easily digested forms of fat, especially when in combination with the vinegar or lemon juice used in these dressings.

FRENCH DRESSING

Ingredients.

½ t salt
¼ t pepper
2 T vinegar
4 T olive oil

Method.

Mix ingredients and stir well until thoroughly blended.

MAYONNAISE DRESSING

Ingredients.

¼ t salt
1-16 *t cayenne*
¼ t mustard
1 *egg yolk*
½ c olive oil
1½ *T vinegar or lemon juice*

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Method.

1. Beat salt, mustard, cayenne and egg yolk together.
2. Add oil drop by drop while mixture is being beaten. When it begins to thicken oil may be added more rapidly.
3. Add vinegar slowly and beat thoroughly.

Note.—All ingredients should be cold.

COOKED DRESSING

Ingredients.

½ T salt
1 t mustard
1½ T sugar
F. G. cayenne
¼ c vinegar
½ T flour
2 eggs
1½ T butter
¾ c milk or water

Method.

1. Mix dry ingredients, add eggs, slightly beaten, butter, milk and vinegar very slowly.
2. Cook over boiling water, stir until the mixture thickens, Cool.

Note.—Sour cream may be used in place of milk.

WATER LILY SALAD

Ingredients.

6 eggs
1 head lettuce
boiled salad dressing

Method.

1. Hard cook the eggs and remove the shells.
2. Wash lettuce and reserve 12 medium sized leaves and cut the rest into thin shreds.
3. Cut the eggs around the center like this, ʌ ʌ being careful to cut through the white.
4. Separate each egg into halves when it has been cut.
5. Mix shredded lettuce with salad dressing.
6. Arrange lettuce leaves on a plate, put salad dressing on them and place eggs on the salad dressing. Serve cold.

Variations.

Cut whites in long strips—arrange on lettuce leaves as the petals of a daisy. Put yolks in the center. Put a spoonful of dressing at one side on the lettuce.

SALMON SALAD

Ingredients.

1 *can salmon, drained, boned, flaked*
3 *large potatoes, pared and boiled, sliced*
1 *c celery, cleaned and chopped*
1 *small onion, peeled and minced*
Marinating liquid—3 T cream dressing, ¼ c vinegar
About ½ c cream salad dressing
3 *eggs hard cooked and chopped*

Method.

1. Put all ingredients in mixing bowl.
2. Lightly mix with fork—do not mash.
3. Pour over this the marinating liquid; let stand until seasoned.
4. Drain off the liquid; add salad dressing; mix lightly and serve on lettuce leaves.

WALDORF SALAD

Ingredients.

2 *c diced apples*
1 *c cubed celery*
1 *c cooked salad dressing*
lettuce
1 *c cut English walnuts*

Method.

1. Mix ingredients well together.
2. Serve on lettuce leaf, or in center of hollowed out apple, or cucumber.

STRING BEAN SALAD

1. Mix 2 cups cold cooked string beans with French or boiled dressing.
2. Add 1 t finely chopped chives or onion.
3. Pile in the center of the salad dish and arrange thin slices of radishes around the dish.

STUFFED TOMATO SALAD

Ingredients.

8 *medium sized tomatoes*
2 *c celery cut in small pieces, or*
2 *c cucumbers cut in cubes*
1 *c mayonnaise dressing*
lettuce

Method.

1. Peel the tomatoes; remove a slice from the top.
2. Scrape out the seeds and a little pulp.
3. Fill the cavity heaping full with celery or cucumber mixed with dressing.
4. Serve on lettuce.

POTATO SALAD

Ingredients.

6 potatoes
1 stalk celery
½ onion
½ small cucumber
thin slices of unpeeled radishes

Note.—Hot potato salad is made by frying small pieces of bacon until brown, then adding the vinegar, sugar, salt and pepper and bring to the boiling point. Pour while hot over the potatoes.

MEAT SALAD

Ingredients.

2 c cold veal or chicken
½ c celery

Method.

1. Cut the meat in dice.
2. Scrape, wash and cut celery in dice.
3. Mix and marinate with a French dressing, and keep on ice until ready to serve.
4. Mix part of the mayonnaise dressing with the meat. Pour the remainder of the dressing over it and serve at once.

FRUIT SALAD DRESSING

Ingredients.

3 eggs, separate
2 T flour
1 t salt
½ t mustard
3 T sugar
2 T butter
½ c vinegar
½ c water, or use the juice drained from pineapple and orange in place of water and half of the vinegar
dash cayenne

Method.

1. Separate eggs, beat slightly.
2. Add dry ingredients to yolks; mix well.

3. Add butter and liquid.
4. Cook in double boiler until thickened.
5. Remove from heat and add beaten egg white.

Note.—This will keep indefinitely in a cold place.

FRUIT SALAD

Ingredients.

3 oranges (divide in sections, then in pieces)
½ can pineapple
1 lemon (juice)
½ c sugar
½ c chopped celery
½ c nut meats, broken

Method.

1. Drain juice from fruit.
2. Mix fruit with other ingredients; chill.
3. When ready to serve mix Fruit Salad Dressing with fruit and nuts.
4. Place lightly on tender head lettuce leaves, place a little of the salad dressing on top of it, add a candied cherry.

USE THIS SPACE FOR ADDITIONAL RECIPES

PUDDINGS

COTTAGE PUDDING

Ingredients.

3 T. butter
2-3 c sugar
1 egg
milk or water
2 c flour
4 t baking powder
1 t flavoring

Method.

1. Use method for mixing plain butter cake.
2. Bake in an oblong pan two inches deep.
3. Serve this, cut into squares, with a lemon or vanilla sauce or a soft custard.

OATMEAL PUDDING

Ingredients.

2 c cooked oatmeal
4 apples, cut small
½ c raisins
½ c sugar or molasses
¼ t cinnamon

Method.

Mix and bake about ½ hour. Serve hot or cold with a liquid pudding sauce. Any dried or fresh fruit, dates or chopped nuts may be used instead of apples.

STEAMED PUDDING

Ingredients.

1 c chopped suet
1 c raisins, currants, sliced citron
1 egg
½ c molasses (New Orleans)
1 t soda
¼ t salt
3½ c flour
1 t mixed spices
milk (enough to make a drop batter)

Method.

1. Clean the dried fruit, cut or slice it, dredge with flour.
2. Mix flour, soda, spices.
3. Beat the egg, add the molasses and 1 3 c of milk.
4. Add this to the flour.
5. Add enough milk to make a drop batter.
6. Add the suet and floured fruit. Beat thoroughly.

7. Fill a greased mold two-thirds full, close tightly and cook in a kettle of boiling water for three hours.

Serve with a hard or foamy sauce.

BREAD PUDDING

Ingredients.

1 qt scalded milk
2 eggs
½ c sugar
¼ t salt
1½ T lemon juice
2 c stale bread crumbs without crust

Method.

1. Soak the bread in milk until soft.
2. Add eggs beaten slightly, the salt and sugar, then flavoring.
3. Bake in a buttered dish until a knife inserted in pudding comes out clean.

Note.—Variations of bread pudding.

1. Add 1 c raisins or currants.
2. Separate the eggs, add only the yolks to the pudding. Beat whites stiff; add 2 T sugar, spread roughly over pudding when done, then return to oven to brown. May spread with jelly before covering with meringue.

NORWEGIAN PRUNE PUDDING

Ingredients.

½ lb prunes
2 c cold water
1 c sugar
1-in. piece stick cinnamon
1 1-3 c boiling water
1-3 c cornstarch
1 T lemon juice

Method.

1. Pick over and wash prunes, then soak one hour in cold water and boil until soft.
2. Remove stones, obtain meat from stones and add to juice; then add sugar, cinnamon and boiling water and simmer ten minutes.
3. Dilute cornstarch with enough cold water to pour easily, add to prune mixture and cook five minutes.
4. Remove cinnamon, mold, then chill and serve with a softened custard or cream.

APPLE TAPIOCA

Ingredients.

¾ *c minute tapioca*
2½ *c boiling water*
½ *t salt*
6 *tart apples*
½ *c sugar (or more)*
1 *t grated lemon peel*

Method.

1. Cook tapioca in salted boiling water until it becomes transparent.
2. Core and pare the apples and place in the bottom of a baking dish.
3. Fill the cavities of the apple with sugar and bits of lemon peel.
4. Pour the tapioca over the apples and bake in a moderate oven until the apples are soft. Serve cold with cream and sugar.

BROWN BETTY (Apple Scallop)

Ingredients.

3 *slices partly dry bread (white or Graham)*
3 *T butter*
3 *medium sized tart apples*
½ *c sugar (more if needed)*
½ *T cinnamon*
3 *T water*

Method.

1. Spread butter on slices of bread.
2. Cut the slices in small portions.
3. Pare and slice the apples.
4. Grease a baking dish, cover the bottom with bread crumbs.
5. Add a layer of sliced apples, sprinkle with sugar and cinnamon and water.
6. Repeat these layers until the dish is full, having well buttered bread on top. Cover the dish during first part of the baking, uncover to brown it. Serve hot with Hard or Foamy sauce.

PUDDING SAUCES

LEMON SAUCE

Ingredients.

½ c sugar
1 T cornstarch or 1½ T flour
1 c boiling water
2 T butter
1½ T lemon juice
few gratings of lemon peel

Method.

1. Mix sugar and starch.
2. Add water; stir while adding.
3. Cook, stirring constantly until it boils and thickens (about like cream).
4. Add butter, lemon juice and peel.

Note.—For vanilla sauce follow the above recipe, omitting the lemon and using instead 1 t vanilla extract.

HARD SAUCE

Ingredients.

1-3 c butter
1 c 4X powdered sugar
1-3 t lemon extract
1-3 t vanilla extract

Method.

1. Cream the butter.
2. Add the sugar gradually.
3. Add the flavoring. Chill before serving.

FOAMY SAUCE

Ingredients.

½ c butter
1 c powdered sugar
1 egg
1 t vanilla extract

Method.

1. Cream the butter.
2. Gradually add the sugar, the well beaten egg and the vanilla.
3. Beat while heating over hot water.

MOLASSES SAUCE

Ingredients.

1 *c Karo syrup*
1-8 *t salt*
1 *T vinegar*
2 *T butter*
¼ *t mixed spices*

Method.

Mix all together; cook until it boils.

CHOCOLATE SAUCE

Ingredients.

2 *T cocoa*
4 *T sugar*
½ *c water*

Method.

1. Boil cocoa, sugar and water together until slightly thick.

USE THIS SPACE FOR ADDITIONAL RECIPES

FROZEN MIXTURES

Classes of Frozen Mixtures.—There are two general classes of frozen mixtures made in a freezer; namely, ices and ice creams. By varying the ingredients many different varieties may be produced in each class.

They are cooling and refreshing and ices when made in the home are economical.

Ices.—Ices are frozen mixtures of fruit juice, water and sugar with or without eggs. They are named from the kind of fruit juice used for flavoring. Ices include the following frozen mixtures:

1. **Water Ice,** which is made from fruit juice diluted with water, sweetened and frozen quite firm. Water ice is served principally with the meat course at dinners.
2. **Frappe** is a water ice half frozen and of granular consistency obtained by using an equal quantity of salt and ice in freezing.
3. **Punch** is a frappe with the addition of wines, fruit, or charged water.
4. **Sherbet** is made by adding either a little gelatine or the beaten whites of eggs to water ice. When eggs are used they are added when the mixture is nearly frozen and the freezing is continued until the mixture is firm.
5. **Milk Sherbet** is made by substituting milk for water in water ice. Care must be taken to thoroughly dissolve the sugar in the fruit juice just before adding the milk to prevent the mixture from curdling.

DIRECTIONS FOR FREEZING

1. **The Freezer.**—Scald can and dasher. Place can in pail, fitting all the parts together and turning the crank to see that everything is all right.
2. **Packing.**—Place ice in a canvas bag and pound with a mallet until fine. Fill the space between can and pail with alternate layers of ice and salt, using rock salt, one measure of salt to three measures of ice for ice cream, and equal measures of each for ices.
3. **Freezing.**—Turn crank steadily until cream is stiff, then remove the dasher, put a cork in the hole in the cover and a clean heavy cloth over the top of can. Drain the water from freezer, repack, allowing four parts ice to one part rock salt.

An ordinary lard pail may be successfully used for freezing ice creams.

Pack in the usual way and turn constantly by the bail. Open frequently and scrape from the sides and mix with unfrozen portion.

ICES AND ICE CREAMS

LEMON ICE

Ingredients.

1 *qt water*
1 *pt sugar*
¾ *c lemon juice*

Method.

Boil sugar and water together for 15 minutes. Cool this syrup, add the lemon juice and freeze.

ORANCE ICE

Ingredients.

1 *qt water*
2 *c sugar*
2 *c orange juice*
¼ *c lemon juice*

Make the same as Lemon Ice.

PHILADELPHIA ICE CREAM

Ingredients.

1 *pt cream*
1 *pt milk*
1 *spk salt*
1 *T vanilla*
1 *c sugar*

Mix ingredients together and freeze.

FRENCH ICE CREAM

Ingredients.

¾ *c sugar*
1-8 *t salt*
1 *egg*
2 *c hot milk*
1 *pt cream*
1 *T vanilla*

Mix sugar, salt and beaten egg, add the milk gradually while stirring. Cook in double boiler for 20 minutes, stirring well. When cool add cream and flavoring. Strain and freeze.

CHOCOLATE ICE CREAM

Use recipe for Vanilla Ice Cream. Melt two squares of chocolate and pour hot custard slowly on it, then cool before adding the cream.

STRAWBERRY ICE CREAM

Mash 1 c of strawberries with ½ c sugar and add to either recipe for Vanilla Ice Cream.

STRAWBERRY SHERBET

Ingredients.

2 boxes strawberries
2 c sugar
2 c cold water
juice of 2 lemons
1 t gelatine
½ c hot water

Soak gelatine in a little of the cold water 10 min. Add the boiling water, and when dissolved add sugar, remainder of cold water, lemon juice and berries, which have been put through a colander. Freeze.

USE THIS SPACE FOR ADDITIONAL RECIPES

FOOD REQUIREMENTS

FOOD

Food is anything which taken into the body, builds and repairs the tissues or furnishes heat and energy.

Think of your body as a human machine. To run this machine takes fuel. Food is the fuel.

When food is taken into the body, digested and used, it produces the same amount of heat and other forms of energy as if burned outside the body.

CALORIES

If the quantities of heat produced by various foods are to be compared, there must be a definite measure for heat just as there is for length, weight, etc.

Since we can not measure heat by length or by weight or by any of our standards of measure, we have adopted as a standard the amount of heat necessary to raise the temperature of one pound of water 40 degrees F. This measure is called a calorie.

NUMBER OF CALORIES NEEDED

The number of calories required by the body for repair, growth and activity, depends on the sex, age, weight, occupation and climate.

Calories Required By a Man of Average Weight (154 lbs.)

Living Conditions.	Total Calories Per Day.	Calories Per Pound Per Day.
Rest in bed	2000-2100	13
Rest indoors	2200-2300	14-15
Light exercise	2500-2700	16-17
Moderate work	2800-3200	18-20
Severe work	4000-6000	25-38

Calories Required By the Growing Child.

Age.	Total Calories Per Day	Calories Per Pound Per Day.
First year	900	45
1-2	900-1200	40-45
3-5	1500-1200	40-36
6-9	2000-1400	36-30
10-13	2200-1800	30-27
14-17	3000-2200	27-20

The child needs more food for each pound of body weight than the adult because it must build up a large amount of new tissue and blood besides repairing waste and furnishing energy. The adult needs food only for repair and energy.

Protein Calories.

It has been found that if food contains the right number of calories and from ten to fifteen per cent. of these are supplied by protein the average individual is properly nourished.

Standard or 100 Calorie Portion.

It happens that the average serving of many common foods has a fuel value of 100 calories.

If the size of these portions is learned, it will be easy to count the total calories in a meal.

Table of Approximate 100 Calorie Portions

Food.	100 Calories Approx. Measure	Weight in Oz.	Approx. Number of Protein Calories
Berries.			
Blackberries	½ c	6	9
Blueberries	1/3 c	4	3
Cranberries	5/8 c	7.5	3
Strawberries	¾ c	9	10
Beverages.			
Cocoa	2½ T	.7	17
Chocolate	½ sq	.5	8

Food.	100 Calories Approx. Measure	Weight in Oz.	Approx. Number of Protein Calories
Breads.			
Biscuit	1	2	14
Boston Brown	1 slice	1.5	9
Graham bread	2 slices	1.5	14
Graham crackers	2	.75	10
Soda crackers	2	.75	10
White bread	2 slices ½″ thick	1.5	14
Whole wheat bread	2 slices	1.4	15.9
Cake.			
Chocolate layer	1 medium slice	1	7
Cookies	2 medium	.75	6
Doughnuts	½	.8	6
Fruit cake	1 small slice	1	6
Gingerbread	1 serving	1	6
Sponge cake	2 pieces	1	6
Cereals.			
Cornmeal, uncooked	3 T	1	10
Corn flakes	½ c	1	10
Cream of wheat	½ c	1	10
Hominy	3 T	1	9.2
Macaroni, uncooked	4 sticks	1	15
Rice, uncooked	2 T	1	9.2
Rolled oats, uncooked	1 T	1	16
Shredded wheat	1 biscuit	1	12
Cheese.			
American	1½ in. cube	.75	25
Cottage	½ c	3.25	76
Desserts.			
Apple pie	1/12 of pie	1.25	4.8
Cornstarch pudding	½ c	1.5	11
Chocolate cornstarch	1 serving	1	15
Custard pie	1/12 of pie	2	10
Gelatine jelly	4 T	1	98.3
Lemon pie	1/12 of pie	1.5	5.8
Mince pie	1/16 of pie	1.2	8
Plain ice cream	1 serving	1.75	10
Pumpkin pie	1/12 of pie	1.2	8
Eggs	2 small	2.3	36

Food.	100 Calories Approx. Measure	Weight in Oz.	Approx. Number of Protein Calories
Fats.			
Butter	1 T	.5	
Lard	1 T	.5	
Oleomargarine	1 T	.5	
Olive oil	1 T	.5	
Fish.			
Codfish	¼ c	7	90
Halibut steak	1 serving	3	61.2
Oysters	5 medium size	4.9	48.5
Salmon	1 serving	1.5	38
White fish	1 serving	2.3	58
Flour.			
Cornmeal	3 T	1	10
Graham	3 T	1	15
Rye	3 T	1	8
Wheat	3 T	1	12
Whole wheat	3 T	1	15
Fruits.			
Apples	2 medium	6	2.7
Apples, dried	4	1.25	3
Apricots, dried	6	6.2	7.8
Bananas	1	3.5	5.1
Dates	4	1.25	3
Figs, dried	4	1.1	5.2
Lemons	3	8	9
Oranges	1	8	9
Olives	7	1.4	2
Peaches, fresh	2 medium size	8	6
Peaches, canned	1 serving	7	6
Pears	3	6.2	6
Pineapple, fresh	5 slices	8.1	3
Pineapple, canned	1 serving	2.25	4
Prunes	4	1.25	3
Raisins	2 t	1	3
Rhubarb, cooked	3¼ c	15	3

Food.	100 Calories Approx. Measure	Weight in Oz.	Approx. Number of Protein Calories
Meats.			
Bacon	1 slice	.5	.7
Beef, dried	4 slices	2	67
Beef, round, lean	1 serving	2.25	60
Beef roast	1 serving	2	43
Beef sirloin	1 serving	1.5	31
Beef porterhouse	1 small steak	1.3	33
Beef rump roast	1 serving	1.5	40
Chicken, young	1 serving	3.3	7.9
Ham, fresh	1 serving	1.1	19
Ham, smoked	1 serving	1.3	30
Lamb chops	1 small	1	24
Lamb roast, leg	1 serving	1.5	38
Pork chops	1 small	1.4	21
Pork tenderloin	1 serving	1.75	39
Pork sausage	1 small	.75	12
Veal chops	1 chop	2.3	52
Veal roast	1 serving	2.3	50
Milk.			
Buttermilk	1½ c	9.8	32
Condensed	1 c	.2	12
Cream 20%	¼ c	1.75	5
Skimmed milk	1 c	9.5	36
Whole milk	5/8 c	5	19
Nuts.			
Almonds	1 doz	.5	12.8
Chestnuts	1 doz	1.4	9
Cocoanut, grated	2 T	.5	4
Peanuts, shelled	1 T	.7	19
Pecans	1 T	.5	10
Walnuts	½ doz	.5	10
Soups.			
Celery	1 serving	6.4	15.3
Corn	1 serving	3.2	12
Pea	1 serving	7	27
Cream of tomato	2 servings	9	15
Vegetable	2 large servings	25.8	85

Food.	100 Calories Approx. Measure	Weight in Oz.	Approx. Number of Protein Calories
Sugars, Syrups.			
Loaf sugar	3 lumps	.9	
Granulated sugar	2 T	.9	
Powdered sugar	6 t	.9	
Maple syrup	¾ c	1	
Molasses	2 T	1.25	3
Honey	2 T	1	.2
Vegetables.			
Asparagus, fresh	1 doz stalks	7.5	18
Beans, baked	1/3 c	2.75	21.2
Beans, dried	½ c	1	25.5
Beans, string	4 large servings	11.2	21.3
Beans, lima	1 serving	4.5	21
Cabbage	2 large servings	11.25	20
Carrots	2	7.75	9.8
Celery	1 bunch	19	24
Corn, canned	1 serving	3.5	12
Corn, green	1 ear	3.5	12
Cucumbers	2	20.3	18
Lettuce	2 large servings	18.5	24
Onions	3 small	7.25	13
Parsnips	1	5.25	10
Peas, canned	2 servings	6.5	26
Peas, fresh	1 large serving	3.5	28
Peas, dried	2 T	1	27
Potatoes, white	1 medium size	4.25	11
Potatoes, sweet	1 small	2.5	5.5
Radishes	1 doz	12	17.9
Spinach	3 servings	14.75	35
Tomatoes, canned	1¾ c	15.6	21
Tomatoes, fresh	1 large	15.5	15.8
Turnips	2 after cooking	9	13

Balanced Diet.

To balance the meals means to supply in the meals of each day, in a form best suited to the individual, all the substances needed

to build the tissues, bones, muscles, nerves and blood; to provide energy for the activities of the day to keep the body in good working order.

The five food groups must be represented in the meals for each day.

Milk should be used liberally in order to replace a part of the meat in the average dietary, because, of all foods, it is the richest in lime and because it is rich in those substances which are necessary for growth and for life.

Group 1.—Foods depended on for mineral matter, vegetable acids, and body regulating substances.

Fruits:
- Apples, pears, etc.
- Bananas
- Berries
- Melons
- Oranges, lemons, etc.

Vegetables:
- Salads—lettuce, celery, etc.
- Potherbs or "greens"
- Potatoes and root vegetables
- Green peas, beans, etc.
- Tomatoes, squash, etc.

Group 2.—Foods depended on for protein or tissue building food.

- Milk, skim milk, cheese, etc.
- Eggs
- Meat
- Poultry
- Dried peas, beans, cowpeas, etc.
- Nuts
- Fish

Group 3.—Foods depended on for starch or heat and energy giving food.

- Cereal grains, meals, flours, etc.
- Cereal breakfast foods
- Bread
- Crackers
- Macaroni and other pastes
- Cakes, cookies, starchy puddings, etc.
- Potatoes and other starchy vegetables

Group 4.—Foods depended on for sugar, or heat and energy giving food.

- Sugar
- Molasses
- Syrups
- Honey
- Candies
- Fruits perserved in sugar, jellies, and dried fruits
- Sweet cakes and desserts

Group 5.—Foods depended on for fats, or heat and energy giving foods.

Butter and cream
Lard, suet, and other cooking fats
Salt pork and bacon
Table and salad oils

Foods especially adapted to provide substances without which growth cannot take place and life continue:

Group A:
Milk
Eggs
Beef fat
Butter

Group B:
Milk
Eggs
Whole cereals
Fruits
Vegetables

USE THIS SPACE FOR ADDITIONAL RECIPES

TABLE SETTING AND SERVING

Neatness, order, cleanliness and consideration for others should be the principles that underlie all rules for the serving of food. When at a loss as to the correct thing to do, do that which will be most convenient and comfortable for those being served.

Laying the Table.

1. The table should first be covered with a silence cloth.

This cloth should be turned under the edge of the table at the corner and securely pinned with safety pins. This will make it smooth and prevent slipping.

2. The table cloth should be placed over the silence cloth. It should be straight, even and smooth. The center fold of the cloth should be exactly in the center of the table.

3. The silver needed during the meal is usually all placed on the table before persons are seated. For an elaborate luncheon, where a great many pieces of silver are needed, only that needed for the first course are placed before persons are seated; the rest are placed as needed.

Placing of Dishes and Silver

Plate.—One inch from edge of table.

Knives.—At right of plate, sharp edge toward plate.

Oyster Fork.—At right of soup spoon.

Soup Spoon.—A right of knife.

Fork.—At left of plate, prongs up.

Spoons.—May be at right of knife if soup spoon and oyster fork are not to be used or they may be placed as needed.

The silver should be the same distance apart and the ends of handles in line with the edge of plate—one inch from edge of table.

4. The glass of water is placed at the tip of the knife. The water should be ice cold but no ice in the glass. The glass should not be filled more than three-fourths full.

5. The bread and butter plate should be placed at the tip of the fork. If a butter spreader is used it should be placed across this plate.

6. The napkin should be folded square and placed at the left of the fork with the open corner toward the fork.

The plate, knives, forks, spoons, glass, bread and butter plate and napkin, properly arranged for one person, is called a "cover."

7. Salt and pepper shakers should be placed between each two guests, in line with the upper edge of the bread and butter plates.

The gentlemen of the house is called the host and usually sits at the head of the table. The lady of the house is the hostess and sits opposite the host.

The host serves the meat and vegetables. The hostess serves the soup, the salad, the dessert, and pours the beverage for dinner, luncheon or supper. For breakfast the host serves the meat and eggs, the bread and butter, and the hostess the fruit, the cereal and beverage.

Serving.

There are three ways in which a meal may be served:

1. The English style of service, where the food is all served on the table.

2. The Russian style, where all the courses are served from the kitchen or sideboard.

3. A compromise style, which is a combination of the other two styles.

The English style is the pleasantest way when there are few persons to be served and no maid.

The Russian style is the one preferred if there is a large company to be served.

The compromise style is often used when guests are present in homes where there is no one to assist with the serving. In this case the salad course and the dessert course are served from the kitchen, the rest of the meal served at the table.

Suggestions to Be Followed, Whatever the Style of Service.

1. The dining room should be well ventilated and lighted.

2. The serving table or side table should be carefully arranged with extra silver, napkin, towel, water pitcher, tray. Anything needed to serve the meal, which need not be kept in the kitchen or placed on the dining table, may be arranged on the side table.

3. Fill the water glasses and place the butter on bread and butter plates just before persons are seated for the meal.

4. Have dishes for hot foods **hot**; those for cold foods **cold.**

5. When passing food, from which those being served are to help themselves, stand at their **left** side.

At all other times place and remove from the right side of those being served.

Never reach before the person.

Cups of tea or Coffee should be placed at the right of the person, beside the spoons.

If it is necessary to remove the water glass when refilling, never touch it near the top of the glass. Watch the glasses and refill as often as necessary.

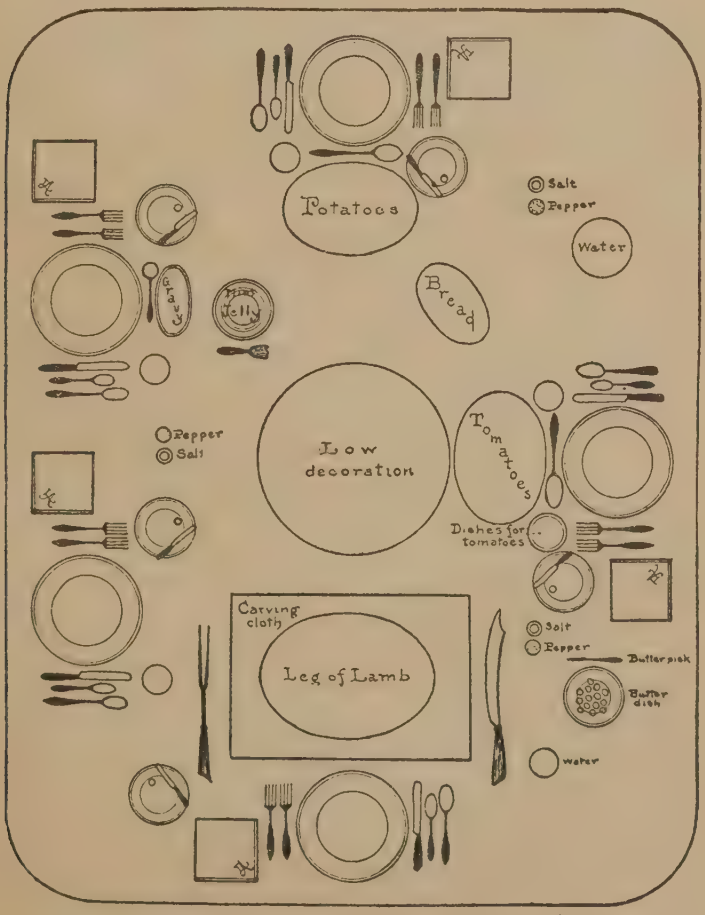

DIAGRAM OF TABLE LAID FOR HOME DINNER (WITHOUT SERVICE OF MAID)

A folded napkin or a tray covered with a doily should be used to protect the hand when passing dishes of food. Hold the tray or dish low enough to be easily reached by those being served. When passing a dish containing a spoon, have the spoon placed so that it may be easily reached as persons help themselves. When passing cream and sugar have the handle to the creamer toward the person being served.

6. All of the dishes belonging to one course are removed before the next course is served. Remove the largest dishes first, then the plates, etc. Never pile dishes, take only those which can be carried in each hand.

The table should be cleared of all except the water glasses, before the dessert is served, and the table crumbed at this time.

Manners are partly convention, yet in most cases there is a reason underlying the convention. For example, if chairs are close together and two people start to sit down from the space between adjacent chairs, confusion results. Therefore, convention says, sit down and get up from the left-hand side of the chair.

If chairs are placed at the table so that the front edge of the chair is in line with the hanging edge of the table cloth, there will be little adjustment of chairs and much noise will be avoided.

The guest of honor, if a man, is placed at the right of the hostess; if a woman, at the right of the host. Host and hostess are seated at opposite ends of the table.

If there is a waitress, the hostess enters the dining room last and sits at the end nearest the entrance door, but if there is no waitress she places herself at the opposite end to make serving easier.

Good manners are habits, and the only way to acquire good table manners is by constant practice.

BOX OR SCHOOL LUNCHEONS

In preparing a luncheon for a school child, two main points should be kept in mind: The luncheon should be made up of nutritious and easily digested foods; second, the luncheon should be made as attractive as possible by wrapping each article by itself in paraffin paper and packing it carefully.

Desirable Foods.—Hard cooked eggs, stuffed eggs, sandwiches of many kinds, custards, crakers, cookies, nuts, home-made candy, sweet chocolate, figs, dates, fruits, are all both desirable and appetizing contributions to a school luncheon box.

Essentials.—Those who prepare box luncheons should have on hand the following: Light-weight box, paraffin paper, tiny salt box, paper napkin, sanitary drinking cup, small spoon.

Picnic Luncheons.—Picnic luncheons may be prepared according to above directions, using a box large enough for carrying a generous supply of food. Foods with strong odors (such as salmon and sardine sandwiches, also bananas, which permeate the lunch box should not be packed with other foods.

SANDWICHES

Bread should be cut into slices ¼ of an inch thick, and it may be cut into strips or triangles. For dainty sandwiches the crust may be removed, but from the point of veiw of food value the crust should remain .

Butter should be creamed, so that it spreads evenly. Do not allow it to extend over the edges. Meat for fllling should be sliced as thin as a wafer. It may be finely minced and mixed with salad dressing and spread between slices of white bread.

LETTUCE SANDWICHES

Spread buttered bread lightly with boiled or mayonnaise salad dressing, lay a crisp lettuce leaf on this. Put another slice of bread on the leaf. Cut into squares, oblongs or triangles.

SWEET SANDWICHES

Cook together some stoned dates, water and lemon juice until a soft mixture is formed. Spread on buttered bread.

Note.—Figs maye be used in this way.

FILLING FOR SANDWICHES

1. Hard cooked egg whites chopped fine and yolk pressed through strainer. Salad dressing may be added to these and chopped pickle, cress, celery, lettuce or grated cheese added.

2. Cold meat or fowl, either sliced very thin or minced; salad dressing, mixed mustard or horseradish may be used with this.

3. Cheese, either sliced thin or grated, and mixed with creamed butter, or minced hard cooked eggs, or cold meat moistened with salad dressing. Cottage cheese and chopped nuts, Neufchatel cheese and chopped candied ginger with Boston brown bread.

4. Jelly or preserves and orange marmalade with chopped nuts.

USE THIS SPACE FOR ADDITIONAL RECIPES

INVALID COOKERY

Importance.—Food for the sick is a matter of great importance, as in many cases a patient's recovery depends on the kind, the quality, and the quantity of food furnished during illness.

The appetite of those who are sick is poor; and generally speaking, a sick patient has no desire for food unless it is selected to his liking, cooked well, served attractively, and in small quantities. So the skillful housekeeper must be able to know what kinds of foods are good for invalids, and she must know how to prepare and serve it in such a way that the invalid will desire to eat it.

Diet for the sick is classified as liquids, semi-solids, and convalescent foods. Liquid diet consists entirely of liquid foods, such as milk, beef tea, beef juice, strained broth, strained gruel and cooling drinks. These are given during severe illness.

Tea, coffee and other stimulants should be given to the invalid only when the physician consents to their use.

Semi-solids are given in less severe illness, or when a patient is beginning to improve. This diet includes everything in liquid diet and also the following:

Apple sauce
Baked apples
Baked custard
Baked rice
Caramel junket
Cereals
Creamed oysters
Gelatin dishes
Goldenrod eggs
Ice creams
Junket
Milk toast
Mutton broth
Oyster stew
Raw oysters
Rhubarb sauce
Scalloped oysters
Sherbets
Soft-cooked eggs
Soft custards
Soups
Steamed rice
Stewed prunes

Convalescent Diet.—Convalescent diet includes all easily digested foods. Even small quantities of foods difficult of digestion should be avoided.

Preparation and Serving.—All foods for the sick should be carefully cooked. Hot foods should be served very hot. Cold foods should be served very cold. It is necessary also that the food be served punctually at exactly such intervals as the physician ad-

vices. The housekeeper should make a study of making the invalid tray appear dainty and attractive. The dishes and tray linen should be the best in the house. A single flower or even a cluster of leaves will often make the tray attractive. If the contents of the tray can be sent into the sick room as a surprise, the appetite of the patient is often tempted when he would not feel like eating what he had been expecting to see. All food should be seasoned to the invalid's taste before presenting the tray to him. It should be removed from the room and from the sight as soon as the patient has finished with it.

ALBUMENIZED MILK

Ingredients.

1 c milk
salt
white of 1 egg
flavoring

Method.

Place milk and egg in a covered glass fruit jar; shake until thorougly blended. It may be salted and flavors added if desired. Strain. Serve immediately.

BARLEY GRUEL

Ingredients.

1 c boiling water
½ c milk
3 t barley flour
¼ t salt
cold water

Method.

Mix barley flour with cold water to make a thin paste; add to boiling water and boil 15 min.; add milk, season, reheat and strain.

CLAM BROTH

Method.

Take 5 clams, wash and scrub well and put in saucepan with cold water to cover. Cook until shells open, remove from pan and take out clams. Chop and put them back into broth. Cook 15 min. Strain through cheesecloth; serve hot.

MUTTON BROTH

Ingredients.

2 lbs neck of mutton
2 qts cold water
1 t salt
spk pepper

Method.

Wipe meat, remove skin and fat and cut into small pieces. Put in a kettle with bones, add cold water and let stand ¼ hour to extract the juices. Heat gradually to boiling point, season with salt and pepper and simmer two hours. Do not allow it to boil. Remove fat and strain through a coarse sieve. Serve hot. Three tablespoonsful of rice or barley, which has been soaked over night, can be added and cooked until the grains are tender. Beef broth can be made in the same way.

BEEF EXTRACT

Method.

Cut round steak into small pieces. Put into a sterile canning jar, cover and place jar into a kettle of cold water. Heat the water to simmering temperature (do not allow it to boil) allow to remain 2 hours. Turn meat from jar and press until the juice is extracted. Season with salt and serve.

BEEF JUICE

Method.

1. Boil a piece of round steak.
2. Cut it into small pieces.
3. Extract the juice with a lemon squeezer, potato ricer or vegetable press and turn into a cup.
4. Season with salt and serve.

MILK PUNCH

Ingredients.

1 egg
1 c whole milk (cold)
2 t sugar
few drops vanilla or dash of nutmeg
few grains salt

Method.

1. Beat the egg until light and foamy.
2. Gradually add the cold milk and the sugar, beating them in.
3. Add the flavoring and serve attractively.

FOOD PRESERVATION

Food is preserved by producing conditions unfavorable to the growth of bacteria.

Conditions favorable to growth are moderate temperature, food and moisture; opposite conditions will hinder their growth.

Methods of Food Preservation.

1. **Drying.**—A certain amount of water is necessary for the growth of bacteria, drying food, therefore, preserves it from decay. Dried foods must be kept in a dry place to prevent the absorption of sufficient moisture to give the bacteria a chance to grow.

Methods of Drying.

a. Sun drying.
b. Drying by artificial heat.
c. Drying by air blast.

2. **Salting.**—Salt does not kill bacteria but prevents their growth.

Methods of Salting.

a. Fermentation with dry salting, as in sauer kraut.
b. Fermentation in brine, as in cucumbers, green tomatoes, string beans.
c. Salting without fermentation, as in corn.

3. **Preserving With Sugar.**—Bacteria cannot grow in a food containing a large proportion of sugar.

4. **Cold Sorage.**—Cold storage does not kill bacteria, but arrests their growth. Eggs, fruits, vegetables, butter and meats are kept several months by storage in dry rooms artificially cooled to just above the freezing point. Meat and fish may be kept indefinitely if frozen, but they deteriorate quickly after thawing and should be used immediately.

Ice boxes and cellars are cold storage devices for the home.

5. **Smoking.**—Meats and fish are usually salted, then smoked. The smoke does not penetrate deeply into the flesh, therefore any bacteria or parasites on the inside are not killed. It is unsafe to eat smoked meat without cooking.

6. **Pickling.**—Acids protect food from bacteria. Vinegar is used in making pickles and lactic acid develops in making sauer kraut.

7. **Spices.**—Spices have antiseptic qualities and are a means of preventing the action of bacteria on food.

8. **Chemical Treatment.**—Preserving powders, such as borax, boracic acid, salicylic acid and formalin are often added to fruit to preserve it. Not only are they detrimental to health, but they encourage the putting up of food which is unsound and unfit to eat.

CANNING

Canning is preserving sterilized food in sterilized, air tight containers.

DIRECTIONS FOR CANNING

Selection.—Select only sound and fresh fruits and vegetables and grade according to color, size and ripeness. Can them the day they are gathered.

Utensils.—Perfect glass jars are best. They should be fiitted with perfect covers and new rubber bands. Fruit should be cooked in granite, earthenware or porcelain-lined kettles, and silver, wooden or granite spoons should be used. If cooked in tin or iron ware poisonous substances may be formed.

Tests for Seal.—Pour water into jars, adjust the rubbers and tops, invert; if no water escapes, the jar may be considered air tight.

Screw top jars may also be tested by screwing down the cover without the rubber; if the thumb nail or a thin bladed knife can be inserted between the cover and jar it it shows that the top does not fit closely and it should be pressed around the edges until it does or a new cover used.

Rubbers.—New rubbers should be used each year. Test by making a fold in the rubber and pinching it. If it cracks on the fold or breaks when pulled it is not good.

Sterilize Jars.—Wash jars and lids thoroughly, place them side down in a vessel of cold water. Bring the water slowly to the boiling point and boil ten minutes. Keep jars and covers in boiling water until ready to fill.

Dip rubbers in hot water but do not let them stand.

Syrups.—Syrups are made either with varying proportions of sugar and water or with the same proportion boiled different lengths of time.

Proportions.—Use 2 quarts of sugar to 3 quarts of water.

1. **Thin Syrup.**—The sugar and water are boiled until the sugar is disolved. Thin syrups are used for sweet fruit, as peaches, cherries, apples, etc.

2. **Medium Thin Syrup.**—Boil the sugar and water until it becomes slightly sticky when cooled on the tip of a spoon. Medium thin syrups are used for blackberries, currents, huckleberries, raspberries, etc.

3. **Medium Thick Syrup.**—Boil the sugar and water until it will roll or pile up over the edge of the spoon when poured out. Medium thick syrups are for sour fruits, such as gooseberries, apricots, sour apples, etc.

4. **Thick Syrup.**—Boil the sugar and water until it is difficult to pour out of a spoon or container, but is not sugared.

Thick syrup is used in preserving and making all kinds of sun cooked preserves.

Methods of Canning.

1. Open kettle or hot pack method.
2. Cold pack method.
3. Intermittent or fractional sterilization method.
4. Cold water method.

Open Kettle Method.

1. Make a thin syrup, add a small amount of fruit and cook until tender.

2. Remove the jars from the boiling water and set in a pan containing a little hot water, or on a cloth wet in hot water.

3. Adjust a sterilized rubber. Pack the fruit carefully in the jar and fill the jar to overflowing with the hot syrup.

4. Put on sterilized cover and fasten securely.

5. Wipe the jars and stand upside down for a day to test the seal. Label and date each jar.

Cold Pack Method.

1. Clean product.

2. Blanch. This means plunging into boiling water and allowing to remain for time specified. Greens are blanched in steam.

Reasons for Blanching.

a. To set flavor.
b. To set color.

c. To keep mineral salts.

d. To remove objectionable acids. Count time when water begins to boil. Every product that is blanched is cold dipped afterwards.

3. Cold dip. This means plunging into cold water or held under pump or faucet for a moment to allow cold water to reach all parts of the product.

a. Makes the product easy to handle.

b. Firms texture.

4. Pack tightly in jars. Exceptions to rule: Starchy vegetables such as corn and lima beans, which are packed loosley.

5. Add 1 teaspoonful salt per quart of vegetables.

6. Fill jars to within 3-8 inch of top with boiling liquid. Air space prevents water of canner from entering jar as air expands and forms pressure, thus keeping water out of jar.

7. Put on rubbers and partially seal.

a. Mason—Screw as tightly as possible with thumb and little finger.

b. Glass tops—Put bail over top, leaving spring at side up.

c. Economy—Place bail over top.

8. Put in canner and sterilize time required, counting time when water returns to boil.

9. Remove from canner and tighten tops. If there is a leak, replace rubber or defective top, and **return to canner for five minutes.**

Canning Equipment.

Hot water bath outfit.

1. Any receptacle with a tight fitting cover, deep enough to allow water to cover jars placed on rack.

a. Washboiler.

b. Lard can.

c. New garbage pail.

d. Oyster can.

e. Enamel buckets.

2. Rack to keep jars one inch from bottom of canner, made of

a. Lath cut required length with cleats nailed on under side.

b. Tin kettle cover with strips of wood nailed to bottom.

c. Wire rack.

f. Tin buckets.

Intermittent or Fractional Sterilization Method.

1. Follow the directions for cold pack canning.
2. Cook the product from 45-60 minutes, at boiling temperature on each of three successive days.

Cold Water Method.

Rhubarb, gooseberries and sour cherries because of their acidity, may be canned by the cold water method. This method is not always successful.

1. Wash, pack in sterilized jars.
2. Cover with fresh cold water, and allow the jars to stand for ten minutes.
3. Drain off the water and again fill to overflowing with fresh cold water.
4. Seal, using sterilized rubbers and covers.

TABLE FOR BLANCHING AND STERILIZATION

	Scald or Blanch	Sterilize in Hot Water Bath	Sterilize Under 5 lbs. Steam
	Minutes	Minutes	Minutes
Vegetables—			
*Asparagus	3- 4	120	60
*Beans, stringless or wax	5-10	120	60
*Beans, lima	5-10	180	60
Beets	5	120	60
Cabbage or sauer kraut	5	120	60
Carrots	5	90	60
*Corn, blanch on cob	5-10	180	60
Greens	15	120	60
*Peas	5-10	180	60
Peppers	5-10	120	60
Pumpkin and squash	3	120	60
Sweet potatoes	5	90	60
Tomatoes	1½	22	15
Soup combinations and soup stock	no	90	60
Vegetable combinations	5-10	120	60
Fruits—			
Apples	1½	20	8
Apricots	1- 2	16	10
Blackberries	no	16	10
Cherries	no	16	10

TABLE FOR BLANCHING AND STERILIZATION

	Scald or Blanch	Sterilize in Hot Water Bath	Sterilize Under 5 lbs. Steam
	Minutes	Minutes	Minutes
Gooseberries	1- 2	16	10
Currents	no	16	10
Grapes	no	16	10
Huckleberries	no	16	10
Peaches	1- 2	16	10
Pears	1½	20	8
Pineapple	2- 3	20	10
Plums	no	16	10
Raspberries	no	16	10
Rhubarb	2	20	12
Strawberries	no	16	10
Fruit juices	no	15	8
Preserves, after preparation and filling..	no	20	10

*For the vegetables marked with a star the intermittent method is recommended.

PRESERVING

A preserved fruit is one which has been cooked in syrup until it is clear, tender and transparent.

Points in Preserving.

1. The fruit is cooked with from ¾ to its own weight in sugar.

2. Preserves should be cooked over a hot fire as rapidly as possible to have the finished product bright, clear, and of a good color. If cooked slowly the fruit will be dull, dark and unattractive.

3. Cooking the fruit until the pieces are clear and allowing the fruit to stand immersed in the syrup over night will cause the syrup to permeate the fruit and plum it. If this is done the preserves should be packed in sterilized jars in the morning and immersed in a water bath and kept just below the boiling point for 30 minutes.

YELLOW TOMATO PRESERVES

Ingredients.

4 lbs fruit
6 lbs sugar
2 qts water
¼ oz ginger root
½ lemon
½ oz stick cinnamon

Method.

1. Boil together water, sugar, lemon and spices for 15 minutes.
2. Add fruit and cook gently until the fruit becomes bright and clear.
3. Stir occasionally to avoid burning.
4. Pour into a shallow dish and let stand over night.
5. Pack the tomatoes in sterilized jars and strain the syrup over them.
6. Place in water bath and keep just below the boiling point for 30 minutes.

Note.—The ginger and cinnamon may be omitted.

CHIPPED PEARS

Ingredients.

8 lbs pears
¼ lb ginger root
8 lbs sugar
4 lemons
1 c boiling water

Method.

1. Cut the pears, lemon and ginger root in small, thin slices.
2. Add the other materials and boil the whole gently 2-3 of an hour until the fruit is clear and tender, stirring frequently.

Ginger apples, hard varieties of apples, may be used instead of pears.

QUINCE MARMALADE

Ingredients.

1 lb sugar
1 lb quinces
2 c water

Method.

1. Wipe, pare, quarter and remove all the core and the hard part under the core. Cover the quinces with cold water. Let them come slowly to a boil. Skim, and when nearly soft put one-quarter of the sugar on top, but do not stir.

2. When this boils add another part of the sugar, and continue until all the sugar is in the kettle.

3. Let them boil slowly until the color you like, either light or dark.

4. Put into hot sterilized glasses or jars. Cover with paraffin when cold.

Note.—Half apples and quinces may be used.

GRAPE JAM

Method.

1. Wash the grapes and squeeze or pinch the pulp from the skins.

2. Boil the pulp until it separates from the seeds, and rub it through a sieve.

3. Then add the skins to the pulp and boil with an equal weight of sugar 15 minutes.

4. Put in sterilized jars or tumblers and cover with paraffin when cold.

JELLY MAKING

Jellies are made by cooking together certain fruit juices and sugar in the right proportions.

A good jelly is well flavored, beautifully colored, transparent and tender. It will hold its shape and quiver when removed from the glass.

Composition of Fruit Juice.

1. Fruit juices consist largely of water in which are dissolved small amounts of flavoring materials, sugar, vegetable acids and pectin.

2. In order to make jelly, fruit juices must contain two substances, acid and pectin, and these must be present in the right proportions.

3. Pectin does not exist in all fruits and is most abundant in fruits just ripe or slightly under ripe.

4. Pectin can be extracted from the white part of orange peeling and added to fruit juice in which it is lacking.

5. When the fruit juice is lacking in acid, tartaric or citric acid powder may be added to make the juice about as acid as good tart apples.

Test for Pectin.—Pour into a glass one tablespoon of the fruit juice extracted by cooking the fruit, and add to it one tablespoon of medicated or ethyl alcohol, mix by turning the glass gently, then pour out and note the form of the pectin.

1. If the pectin forms a solid mass or clot use 1 cup of sugar to 1 cup of juice.

2. If the pectin collects in two or three masses or clots, us 2-3 to 3-4 cup of sugar to 1 cup of juice.

3. If the pectin collects in several small particles, use ½ cup of sugar to 1 cup of juice.

Fruits Rich in Pectin.—Currants, crabapples, apples, quinces, grapes, blackberries, raspberries, wild cherries, green gooseberries.

Extracting the Juice.

1. Select sound fruit that is not over-ripe.

2. Pick over and clean thoroughly.

3. Cut up large fruit in small pieces, use skins and seeds, add enough water to just cover the fruit.

4. To small juicy fruits add just enough water to prevent burning, about 1 cup to 4 quarts of fruit.

5. Cover the kettle and cook until the fruit is tender.

6. Pour into a sterilized jelly bag made of double cheesecloth, Canton flannel, or flannel, and let it drain until the juice is well extracted. Do not squeeze the bag.

7. When well drained return the pulp to the preserving kettle, cover with water and bring slowly to the boiling point and let it simmer. Drain as before and test for pectin.

8. Sometimes a third extraction of juice is possible.

Jelly Test.—Take a small amount of juice in a spoon and cool it by gently moving it in the air for a few seconds and allow it to drop from the side of the spoon or wooden paddle. At first it will run off as a syrup, then as it cooks the drops will become heavier, and when the drops run together and slide off in a flake or sheet from the side of the spoon leaving the edge clean, the jelly is finished and should be removed from the fire at once. Skimming while cooking the juice is wasteful. Be careful not to break the scum while testing the juice. After a good jelly test is obtained and jelly removed from the fire the scum may be removed at one time before pouring into glasses.

Making the Jelly.

1. Measure the juice and determine the amount of sugar necessary.

2. Pour the juice into a preserving kettle and bring it to the boiling point.

3. Skim and add the sugar gradually, stirring until it is all dissolved.

4. Cook rapidly to keep the jelly bright and clear.

5. When the jelly test has been obtained remove from the fire and skim.

6. Pour at once into hot sterilized glasses which stand in a pan of hot water or on a hot wet cloth.

7. If possible let the jelly stand in the sun as it cools.

8. When cold pour a layer of hot paraffin over the surface to seal it from the air.

9. Cover the glass with a tin cover or a tightly fitted paper and store in a dry cool place.

10. Label and date all glasses of jelly.

PICKLING

The preservation of food with salt or vinegar, with or without the addition of spices or sugar, is known as pickling.

Kinds.

1. **Sweet Pickles.**—Fruits used for sweet pickles are peaches, pears, apples, plums, watermelon and cantaloupe rinds, cherries, grapes and figs.

2. **Mixed Pickles.**—Various combinations of vegetables are used for mixed pickles, such as cucumbers, cabbage, cauliflower, onion and string beans.

3. **Relishes.**—Finely chopped vegetables are know as relishes, as chili sauce, chow chow and picalilli.

4. **Ketchup.**—When the materials to be pickled are finely chopped, cooked and strained they are called ketchup. Tomatoes are most generally used for this purpose.

5. **Sauer Kraut and Dill Pickles.**—In making sauer kraut and dill pickles the acid is produced by fermentation. The dill is added for its spicy flavor.

General Rules for Pickling.

1. Use only poreclain lined or granite kettles.

2. Clean materials thoroughly by washing in several waters, sort and remove all stem ends.

3. Pickles should be packed in sterilized jars or crocks.

SWEET PICKLED PEACHES

Ingredients.

½ pk peaches
2 lbs brown sugar
1 pt vinegar
1 oz stick cinnamon
cloves

Method.

1. Boil sugar, vinegar and cinnamon 20 minutes.
2. Dip peaches quickly in hot water, then rub off the fur with a towel.
3. Stick each peach with 4 cloves.
4. Put into syrup and cook until soft, using ½ peaches at a time.

MUSTARD PICKLES

Ingredients.

1 qt tiny cucumbers
1 qt sliced cucumbers
1 qt green tomatoes (sliced)
1 cauliflouer (separate into flowerets)
1 pt small onions
1 red pepper cut in strips
4 green peppers cut in strips
2 qts vinegar
1 c flour
1-3 c mustard
1 c sugar
1 T turmeric powder

Method.

1. Make a brine using 1 gallon boiling water and 2 c salt.
2. Add the vegetables and let stand over night.
3. Scald and drain thoroughly.
4. Mix the dry ingredients, add the vinegar slowly, stirring to make a smooth paste.
5. Cook, stirring carefully, until thick and smooth.
6. Add vegetables.
7. Pack in jars and simmer in water bath 25 minutes.

CUCUMBER PICKLES

Ingredients.

1 qt small cucumbers
4 T salt
hot vinegar
3 chili peppers
1 T mixed spices
¼ c sugar

Method.

1. Wash cucumbers.
2. Sprinkle with the salt and soak over night in enough cold water to cover.
3. In the morning drain off the brine, cover with fresh water, drain again.
4. Pack the cucumbers, peppers and spices in a sterilized jar.
5. Heat the vinegar, add the sugar and pour over the cucumbers.
6. Adjust covers and store in a cool place.

CUCUMBER SLICES

Ingredients.

1 qt sliced cucumbers
¼ c salt
cider vinegar

Method.

1. Select medium sized cucumbers.
2. Peel and slice thinly.
3. Sprinkle sliced cucumbers with salt and let stand for twelve hours.
4. Drain off the salt water.
5. Pack in glass jars and cover with cold vinegar.
6. Seal and simmer in water bath 15 minutes.

RELISH

Ingredients.

1 pk ripe tomatoes chopped and drained
2 c chopped celery
2 c chopped onions
2 c sugar
1 qt vinegar
½ c salt
½ c white mustard seed
4 red peppers finely chopped
4 green peppers finely chopped
1 c horseradish
1 t ground cloves

Method.

1. Mix ingredients.
2. Fill jars.

PEPPER RELISH

Ingredients.

12 *red peppers*
12 *green peppers*
3 *onions*
3 *T salt*
2 *c sugar*
1 *qt vinegar*

Method.

1. Wash peppers and remove seeds, peel onions.
2. Chop or put through food grinder, using coarse knife.
3. Put in kettle, cover with boiling water and let stand 10 minutes.
4. Drain, cover with boiling water and let come to the boiling point and let stand 10 minutes.
5. Drain, add remaining ingredients, bring to the boiling point and let simmer 15 minutes.

USE THIS SPACE FOR ADDITIONAL RECIPES

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